

Lambda

Laurentian University's Bilingual Student Newspaper
Le journal étudiant bilingue de l'Université Laurentienne
Volume 38 - Issue 2 / Numéro 2

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How To Bullshit!

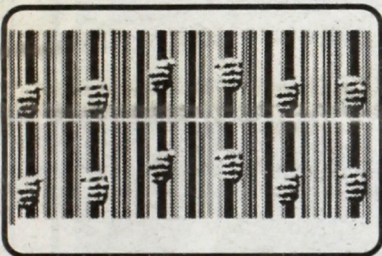
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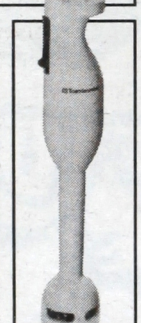
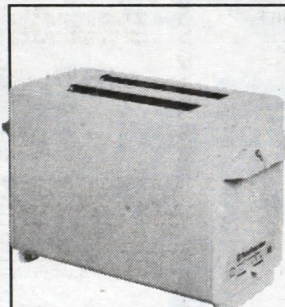
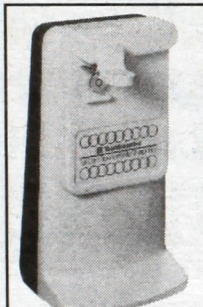
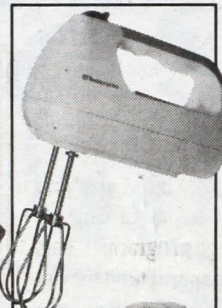
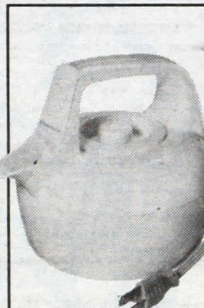
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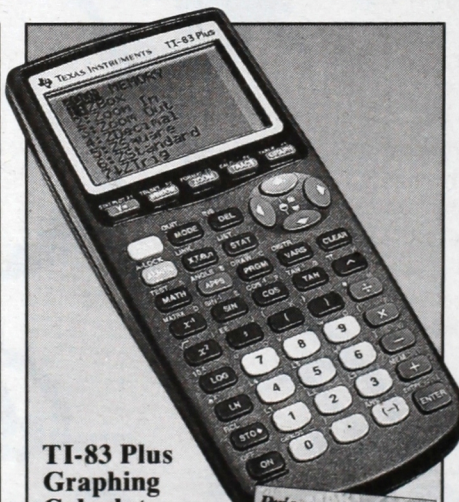
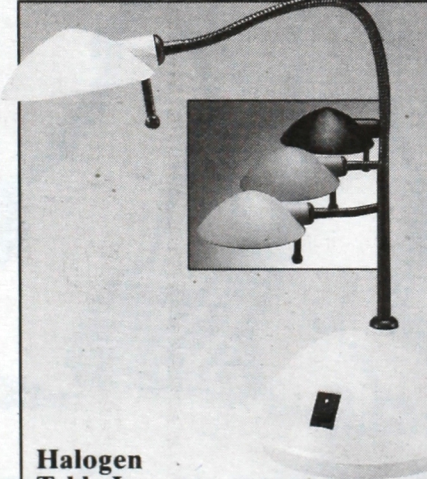
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Laurentian University Appoints New Vice-Presidents

Mat Thompson
Editor In Chief

Dr. Jean Watters, President of Laurentian University, has recently announced the appointment of Dr. Doug Parker as Vice-President for Anglophone Affairs and Dr. André Roberge as Vice-President Academic for Francophone Affairs, effective July 1, 1999. These two new positions replace the positions of Vice-President, Academic and Associate Vice-President, Francophone Affairs, and are expected to have little impact on Laurentian's budget.

This new structure reflects the changes to the composition of Senate and its committees, and is designed to improve decision making related to French- and English-language programs. This will also reinforce the bicameral model, approved by the University Senate in 1993. The bicameral model has proven useful since it granted greater admission flexibility to both French- and English-language programs. The establishment of the positions of Vice-Presidents Academic for Anglophone and Francophone Affairs in intended to facilitate the different decision making process with respect to English and French Language programs.

Dr. Doug Parker, the new Vice President Academic for Anglophone Affairs, has been teaching in Laurentian's Department of English since 1971. He was the winner of the University's 1996-1997 Research Excellence Award due to his extraordinary publication record, including four books on the English Reformation.

Over the years, Dr. Parker has also served in a variety of administrative positions: Chair of the English Department from 1983 to 1985; Dean of Humanities from 1985 to 1987; and Dean of Université canadienne en France from 1987 to 1992. Dr.



Dr. Parker

Dr. Roberge

Parker has been involved in helping to launch a Research Institute for the Humanities, and in producing the first distance education course for the Department of English. Doug Parker obtained his M.A. from the University of Western Ontario, and his Ph.D. from the University of Birmingham, England.

Dr. André Roberge, who served as Associate Vice-President, Francophone Affairs from 1998 to 1999, is Laurentian's Vice President Academic for Francophone Affairs. He joined Laurentian University in 1991 as a Physics and Astronomy professor. A theoretical physicist, he works in many areas including biophysics, cosmology, and high energy

physics.

Dr. Roberge was a member of the Sudbury Neutrino Observatory Collaboration from 1992 to 1997. In recent years, Dr. Roberge worked closely with the Northeastern Ontario Regional Cancer Centre in finding innovative ways for improving the quality of radiation treatment planning for breast cancer. From 1995 to 1997, he was the Francophone Vice-Dean of the Faculty of Sciences and Engineering. André Roberge obtained his B.Sc. in Physics from Université de Montréal, and his Ph.D. in Physics from the University of British Columbia.

As explained by Laurentian President Jean Watters, the nomination of two Vice-Presidents reflect the evolution of the University and the maturity and vitality of English and French language programs. "This change fits into a general tendency at Laurentian to grant greater control to both components of the University. With two parallel positions of Vice-Presidents, the English and French language programs will be responsible for their own direction and will be encouraged to develop innovative programs according to the needs of students."



The Campus Connection

Canada NewsWire - Canada's leading third party credit card processing service is reporting brisk transaction volume in the first week's operation of the country's first Web portal aimed exclusively at post-secondary students.

Craig Harris, Senior Business Director of Electronic Commerce at SNS/Assure, says ProfessorJones.com received hundreds of orders during the site's first three days of operation.

"ProfessorJones.com went live on Tuesday, September 7th and order information and credit card transactions arrived immediately at SNS/Assure for secure processing. We are very excited that SNS/Assure was able to provide ProfessorJones.com's clients with an unsurpassed level of convenience and security."

In addition to the secure processing of credit card transactions, SNS/Assure was also responsible for the overall project management of setting up the web-based order and tracking applications, a communications gateway, and managing systems' integration and database man-

agement.

"We offer a complete e-business integration service," Harris said. "We have seen a significant increase in our overall secure transaction processing business over the Internet. For ProfessorJones.com, we were able to work with our partners ProCure.com (for the web-based order management and order tracking system) and Esprit Software Products (for the database development and systems' integration.)"

ProfessorJones.com is the first service-based web portal aimed specifically at the country's one million plus university and college students. In addition to offering discounted course textbooks, ProfessorJones virtual study-group sessions; career and employment information; an electronic billboard; a classified ad service; CDs and downloadable music in MP3 format; and, pay-per-use video games.

Alex de Bold, president and chief executive officer of ProfessorJones.com, is excited but not surprised by the response. "Our Web portal is designed to deliver both savings and fun to post-second-

ary students, meeting all their academic and recreational needs. The initial results confirm the viability of the ProfessorJones.com concept."

De Bold said he chose to partner with SNS/Assure "because they provided a complete web-based electronic commerce solution for my business-to-consumer model."

Since 1986, SNS/Assure Corp., headquartered in Mississauga Ontario, has provided secure payment and e-commerce services to industries ranging from financial services and retail to health care and transportation. Its capabilities include credit and debit processing, network support services, terminal support services, health benefits processing, Electronic Data Interchange (EDI), integrated E-business and E-commerce solutions, derivatives trade matching, as well as workflow and document management.

More information on SNS/Assure may be found on the company's Website, at www.snsassure.com. Information on ProfessorJones.com may be found at www.professorjones.com

News Briefs

www.rainbow.edu.on.ca/sdssaa

In anticipation of one of its busiest seasons on record, the Sudbury District Secondary Schools' Athletic Association is very proud to announce the launch of its official web site.

The site, located at www.rainbow.edu.on.ca/sdssaa, will feature information on all aspects of high school sports for the nineteen secondary schools that currently make up the SDSSAA.

Among the many items of interest to be included on the site are: championship records, a weekly preview of games, weekly standings, playing regulations, tournament information, weekly news columns, athlete bios, upcoming events and a virtual deluge of "need-to-know" facts about the sixty-year-old athletic association.

Gilles Bisson Chosen as Chair of the NDP Caucus

Timmins-James Bay MPP Gilles Bisson has been chosen as NDP Caucus Chair, during the NDP Caucus strategy session earlier this week in Toronto.

As Caucus Chair, Mr. Bisson will be responsible to co-ordinate the activities of the New Democrat MPPs and implement the strategy to help close the "growing gap" that leaves modest and middle-income working families falling behind.

Mr. Bisson is also NDP Critic for municipal affairs, francophone affairs, Northern Development and Mines, Aboriginal Affairs and Transportation.

The Ontario Women's Health Council

On December 8, 1998, the Minister of Health and Long-Term Care announced the appointment of chair Jane Pepino and fourteen members of the Ontario Women's Health Council. The Council is an advisory body that makes recommendations to the Minister of Health and Long-Term Care on issues affecting the health of Ontario women.

Lambda Still Needs a News Editor and News Writers! Come See Us!

Deadline Dates for Application to Professional Programs at Ontario Universities

Medical School (OMSAS)

October 15, 1999

Law School (OLSAS)

November 1, 1999

Teacher Education (TEAS)

December 1, 1999

Rehabilitation Sciences (ORPAS)

January 17, 2000

Occupational Therapy Physiotherapy/Physical Therapy
Audiology Speech-Language Pathology

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Circulation

Lambda circulates 3,300 copies throughout the city of Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments:

Vesta Pasta Cafe, Black Cat, The Towne House, East Side Marios, This Ain't The Only Café, Ralph's, Subway (Lasalle), Don Cherry's, Douglas Video & Variety, The Elm Tree & The Cooke House.

Write to us but remember...

All submissions become the property of Lambda Publications and will thus be subject to editing. Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexual or for length.

Lambda is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Student's General Association, yet remains autonomous from all University organizations, both student and administrative.

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Editor's Corner...

Runaround and Pass The Buck

by Mat Thompson
Editor-In-Chief

Ever notice how nothing is as simple as you would like it to be at Laurentian? You can't drop a class without at least seven vice-dean's signatures, the approval of the head of the department and the birthdate of the lady who stirs the skin off the gravy in the Great Hall. Have you ever tried to get a hold of an administrator without getting their voice mail? And what about certain people blaming other people for your problems, playing pass the buck instead of helping you? Well, welcome to the real world.

I had no idea what to write this editorial on until all the problems I have had trying to make my time at Laurentian as easy as possible. Within the last week I have heard the same excuse from three totally different departments within Laurentian. Every time I have gone in to either pick something up, get some information or anything else I keep hearing the same words, "I don't know where you got your information Mat, but we had a summer student working here and they didn't know what they were talking about." For some reason this excuse pisses me off more than anything.

First thing, why the hell can't anyone take the blame for anything that happens around the school. "That must have been our summer student" is the biggest cop out I have ever heard. Why don't you just blame some four year old child in Indonesia for the problems. Neither of them will be able to defend themselves since neither one is here. The second problem I have with this is that administration thinks that it's smart to tell a student that some dumb student messed it up. Well, even if it is their fault, we will defend our own against administration anyway. "A student screwed that up." Guess what, I am a student and I can't stand the fact that we seem to be always in the wrong and that administration is so perfect that they never mess up. I can give countless examples of how administration has screwed me over in the past three years and every time either I was blamed, or administration just passed the buck.

If this school was a person, not only would the right hand not know what the left hand was doing, but the right hand would transfer all questions about the left hand to other parts of the body that are just as clueless! Students, I implore you, read the course calender, read the student registration guide, read your student handbook and get your hands on a phone extension guide for the school. Unless you want to be transferred from one person to another finally reaching the extension you need only to find out they have gone home, you must have these books. Almost everything you need to know is in one of these four books. You can find out about academic withdrawals, Nick Stewart's extension at Lambda, when counselling sessions will be held for the next school year and even where your classes are supposed to be held.

If you can just give yourself a little edge when you are looking to get a problem resolved or a question answered, you will be way ahead of all the rest of the students still on hold with the Registrar's Office only wanting to know what the Supper Special is at the Great Hall. I can't blame this on all administration since there are very small departments within this school trying to resolve the problems and questions of every student. But if they don't know, they should just admit it instead of just passing you off. I hate to admit it but most of us in this school are still just children in adult's bodies. We still need help and we don't need to be patronized or blamed for things we don't even know about.

So what can I say to finish this editorial. Well, I think the best thing to do for yourself as a student is to read up on the workings of Laurentian and give yourself an advantage. And if you hear any administrator use the excuse of a summer student, stand up for that student and ask that administrator exactly who hired the student and trained them to do the job that sometimes it seems like even a monkey could do hanging by his tail. Just make sure you have your OSAP papers in your hands before you go off on a rampage!

SPACE FOR RANT Letters to the Editor



THANK YOU!
MERCI!
For making Frosh Week
a great success!

Billy McKenzie, Rooster and the Extreme Team
Monica and Michelle from the Women's Centre
Cory and Angela
Kyle
Peter Bonish, Johanna McLellan, Stephan Duchesne, Andre:
RAs for all their help with stuffing Frosh Kits, BBQ, Casino
Christa Haines
Gilles Rivet and staff
Joanne and Dobi
Floyd Laughren
Dave Mensour
Johan Fabbri and Jenn Massy
Peter Hellstrom and Varsity Athletics
Paulette, Kevin(Jambon) from Residence Office
Security & Marriott
Pierre DuBois and staff from the PUB Downunder

Special thanks to Molson's and
Coca-Cola for their sponsorship.
Way to Go to Paul and Julie and their
Orientation Leaders for a GREAT WEEK!

THANKS to Peter Schobel, LU Computer Science student
for the design and set up of our awesome website.

www.sga.laurentian.ca

Stressed Out Over School?



Check Out Stress and Anger
Management Feature!
Pages 9 - 11

Volume 38 -
Issue 2 / Numéro 2

Cover Design by:
Mat Thompson
Editor-In-Chief
&
Julie Lapalme
Staff Writer

LAMBDA STAFF POSITIONS AVAILABLE

Lambda needs staff members and volunteers of all kinds. Below is a list of some of the positions available now! All positions will be voted on at a yet to be determined staff meeting in October.

* News Editor
* Sports Editor

* Assistant Editors for All Sections (A&E, News, Features, Sports and Franco-Lambda)

* Marketing Directors (2)

* Photo Editor and Photographers

Lambda also needs writers for all sections. If you have an idea for a specific section, column, or just want to start writing for your student newspaper, drop by our office at SCE 301 above the SGA Office or give us a call at 673-6548.

Lambda

Copy Deadline:
Fridays at 4:30 pm

Editorial Meetings:
Fri. at 1:00 pm

General Meetings:
Fri. at 1:30 pm

This University Belongs to the Students

13 Pieces of Silver

by Todd Bosak
Columnist

Earlier this week, the CBC broke the story that Laurentian paid \$600 to the Progressive Conservative Party of Ontario during a by-election to attend a dinner hosted by Mike Harris. This money in turn went to help finance the campaign of Gerry Cortamarche, the local candidate carrying the Tory banner in the by-election to replace longtime MPP Floyd Laughren in the Nickel Belt riding.

Let me be clear about something. Gerry is not a bad guy as far as Tories go. That said, he was still running a campaign that stood beside and even embraced changes to our education system that have people

like you and me suffering increases in tuition to the tune of more than \$1000 a year. As well, he represented a party that slashed millions in funding to Laurentian, screwed up funding to deaf students, got rid of rent controls that protected students as well as other things.

Why did the university do this? They say that the reason was that they needed to do this in order to secure a meeting with the important Tories who were at the dinner and who could help the institution. Now I don't suggest that there is no place for lobbying (quite the opposite by the way) I do suggest however that it is inappropriate to do so. In essence,

what they did was take yours and my money, and in order to lobby (supposedly in our interests) gave money to an organization that in turn took the money and helped propagate the point of view that high tuition was not only necessary, but as well, the right thing to do.

The amount of money was not huge, but the principle of it is. If this is standard practice, perhaps we should see it in the breakdown of fees in the future. Perhaps we could have a line item in the calender called the Anti-Student Agenda Political Action Fund. Sounds harsh? Well, instead we just shouldn't give Tories any money.

Tonto Kicks the Shit Out of the Lone Ranger

by Tonto
Columnist

So here I am again. Yes, that angry little Indian you love so much. Yes, I am back after many requests and people begging me to educate their ignorant minds. As you know, I will never turn down the chance to put people in their place. So, if you don't know me, you will. Last year I received the most mail out of all of the Lambda columnists, and most of it was hate mail which was pretty funny. Yes, I still remember you General Custer! I can't believe someone actually signed a letter last year General Custer, Indian Hunter. Do you not know what happened to Custer? But then again, my people's history never really interested you. I actually dare you to take a class in Native Studies. Maybe you can be educated about Aboriginal issues. You know the ones that might mean us regaining the land that was stolen from us.

Now I want to move my attention to a sell out, an apple as you will.

This person was the past president of the Native Student Association, and now a current member of the SGA executive. I won't mention any names, but out of the three executives, he is the only one that "looks" like an Indian. Yes, you all know who I am talking about. He's the one that has sold his soul and cut all contact with the Native community here at Laurentian. I even heard that this member has turned down a job to work with the native community here at Laurentian for his little SGA position. You are red on the outside and white on the inside, Mr. Apple.

Lets move on. I heard people mentioning that there "is this racist Tonto that writes for (Lambda) and just wants Indians to have their land back." Actually I do want my land back, but I also want my languages back since 50 out of 53 will be extinct very soon. I also want to be able to walk into a store and not be followed. I want my culture back, you know the one that was outlawed years ago. I want no more sports teams to be

called Redskins or Indians. I want the 60% of Canada not covered under treaty to be under Indian control. I want to have beer and not worry that people will think that I'm a drunk. I want.... well, actually all I want is to be treated like a human, but I know you see me as a savage, welfare drunken pagan thief. Look out, this Indian is pissed off and won't take it anymore.

Prepare your passports you Non-Natives. By the time this is all over you'll want to see YOUR homeland. Tonto is back... look out.

Notes From The S.G.A.

SGA
AGE
students' general association
association générale des étudiants(e)s

by Mark Solomon
Vice-President Services

Finally one of the longest weeks, and biggest benders is over and the classes are starting. This year's Frosh Week went very well with the help of many people. I was very happy to see all the Residences' Frosh and a large number of Off-Campus Frosh out to all the events. The SGA had a great time providing the events for all the Frosh, and returning students. We hope you had an even better time participating.

OK, maybe I'll get into the highlights of the week. On Monday our activity day went very well with all the help from the BBQ staff and event leaders. To this day I still get a little smile thinking about the Thunder Bitchin' Posse. Actually a huge congratulations out to Da Farelly Dawgs, our winners for the day.

On Wednesday, the Residence Office and ourselves raised over one thousand dollars for the food bank on campus. The casino was a big hit, and I really can't wait to see how SSR is going to figure out how 500 people are going to share one fridge.

Saturday was a great day for LU spirit when we gathered for a tailgate party and the first soccer game of the year. And finally, who could forget the Space Invaders and Nickelbender that night. I was just thinking that this incoming class, the "of age" ones, were all born in 1980. Scary stuff!

Hey, now that classes have started don't think the party is over. On Friday, Sept. 17th we have comedian Rick Bronson in The Pub. Speaking of The Pub, we are going to be running a rename The Pub contest.

So, that's all folks, but stay tuned for more concerts, Pub happenings, events, awareness weeks and good times. LATER!!!

Do You Have Any Political Opinions? Left, Right or Right Down the Middle, We Want You! Bring Us Your Opinions to SCE 301.



The End of My World

This is it! The end of My World. But all my loyal follows need not worry, I will return next with my easier to understand, straight forward column 'McCarthy Street'. Certain changes have overtaken this paper and this school and I feel that the column must meet these changes. And remember boys and girls, 'McCarthy Street' will always be brought to you by the letters XXX!

Super Conference!

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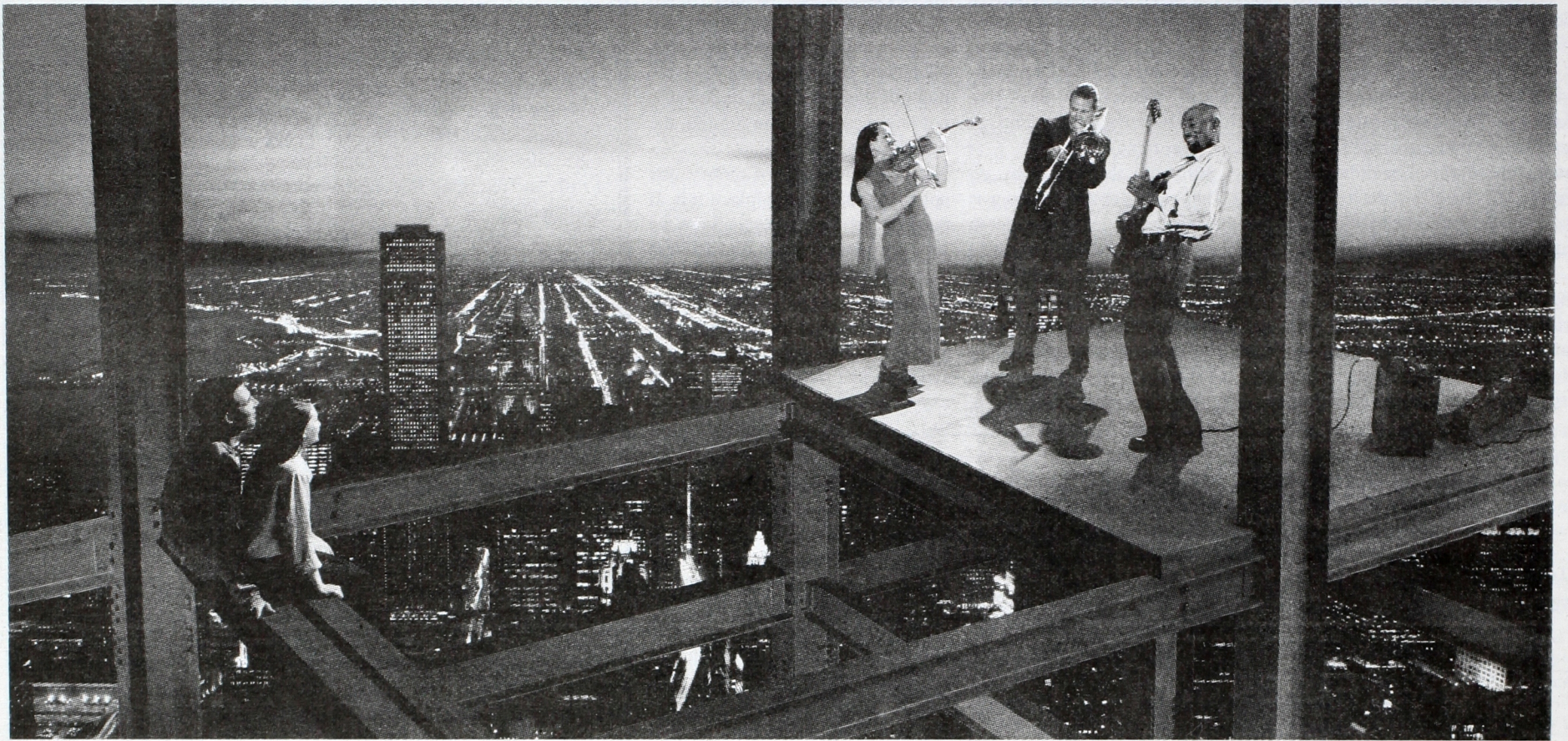
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Stress and Anger Management

Serenity Now

by Derek Serafini
Features Editor

Well, the first week of school is almost over and if there's one common word that can be used to describe everyone's week, it would be "stressful." Whether the stress comes from having to run around from place to place trying to find your academic advisor for a signature, or whether it is the result of a prof who stands in front of the class and speaks in a monotone voice and stares at the back wall, or whether it comes from the fact that you have assignments that you have to do over the weekend, or maybe it comes from all the long lines in the registrar's office, bookstore, parking building - whatever the reasons, your life is undoubtedly stressful.

If you are like me, when things get a little stressful, you tend to tense up. And after the tension increases and increases, you eventually explode. As Yoda says in the latest Star Wars movie, "fear leads to anger, anger leads to hate, hate leads to destruction." When things get stress-

ful, don't get angry and lash out at yourself and others. Instead, calm down and be rational. If you do not, you just might be destroyed, or hurt others around you.

I wanted to do this feature later in the year, but upon seeing many stressed out people this week, I think that this is an opportune time to print some information about stress and anger management. After seeing all the people pushing in lines, running around like chickens with heads cut off, and cars zipping everywhere, with little apparent regard for the fragility of human life, I did a bit of reading to try to help some of you cope with all the stress that comes about in this time of transition.

In this feature, I've included a stress map to help you identify the exact areas of your life from which stress comes. In addition, there are several techniques included that will help you get a handle on your life until all the external distractions have calmed down. So, read the articles, use the information, and take a deep breath already.

by Derek Serafini
Features Editor

Like many people, I've always been skeptical about meditation. When it came to achieving inner tranquillity, I'd done fine with *Gilligan's Island* reruns and the occasional bottle of Heineken. However, a friend recently introduced me to the benefits of meditation. And since, I've discovered that just 15 minutes a day of meditation helps me not only to relax, but also to concentrate better when I'm working. It can do the same for you.

Meditation has become mired in New Age and Eastern rhetoric, but in

fact it is a simple method of quieting the distractions in your mind. By focusing on your breathing, you can train yourself to become "in the moment." That's another way of saying that you learn to ignore the thousands of thoughts that usually clutter your brain.

Meditation isn't about sitting around all day in the lotus position. It has been used by everyone from prison inmates to Michael Jordan. The true aim of meditation is to be focused - whether you're chopping vegetables or reading. You need to be focused in the moment, not on auto pilot dwelling about all the stresses in your life.

Chances are you're probably do-

ing a form of meditation already. Any time you get so caught up in an activity - whether it's a pick-up hockey game, or your Thursday-evening-stamp-collecting session - that you lose track of time and what's going on around you, you're doing what's called "active meditation." You've achieved the kind of focus that refreshes and relaxes you.

Meditation does not have a lot of rigid rules that you need to master. In fact, all it takes to get started is a basic grasp of five ridiculously simple steps. 1. Make yourself comfortable.

Your first job is to find a quiet place where you won't be interrupted - a room in your house or outside early in the morning, for example. Wear loose clothing (sweats work best) and sit in a straight-backed chair or pillow on the floor. You don't have to assume the lotus position, but you should sit up straight and avoid slouching. Focus your eyes on a nearby object or simply close your eyes gently, whichever feels better and seems more natural. The idea is to relax as much as possible.

I know what you're thinking: if somebody asked you to sit quietly like this, you'd fall asleep quickly. That's okay - it happens sometimes. It just means that you are fully relaxed. But don't make a habit of it, that's called napping - not meditating. 2. Breathe.

Once you feel comfortable, try to block out everything but your breathing. There are a number of ways to do this. For example, while I'm slowly inhaling and exhaling, I say to myself, "I breathe in. I breathe out."

Some practitioners advise noting only the "out" breath; others suggest focusing on a word or phrase that has particular meaning for you - a song lyric you like, a verse from the Bible, the tag line of your favorite beer commercial.

It doesn't matter which method you choose, as long as it keeps you centered on your breathing and keeps you from stressing out about the dozen things that you have to do. You should feel like nothing needs to be done. Each breath should be like a mini-vacation.

A warning: focusing exclusively on your breathing is not as easy as it sounds. The first time you meditate, you will be shocked by how much chattering goes on in your brain. When I first started, I could only focus on two or three breaths at a time before my mind started drifting. The first step people take in meditation is learning how much they are out of touch with themselves. 3. There you go, thinking again.

When thoughts intrude - as they inevitably will, seemingly every few breaths - consciously acknowledge them. Then gently refocus your attention on your breathing. No matter how you choose to acknowledge your intrusive thoughts, try not to let yourself be frustrated by them. In fact, just accept them when they come and say "oh well." Think of it as an internal shrug. Simply notice the thought and then return to your breathing. You don't need to worry about how well you're doing. That's only going to distract you more. 4. Don't just do something, sit there.

You should concentrate on your breathing for 15 minutes, though you may find it tough to concentrate that long when you start. If so, begin with 5-minute sessions and gradually increase the duration.

When time is up, don't just rush back to your regular routine right away. Too fast a transition to real life will make your stress levels soar. Instead, sit for a few minutes and gradually allow some outside thoughts back into your head. Or, if you're in a big enough space, stand and do a few minutes of walking

meditation - concentrating on both your breathing and your feet hitting the floor.

5. Don't expect to be saved.

Daily meditation will not result in any bright lights beaming down on you from above. Several years ago, a cartoon made the rounds at some large meditation centers. Two men - one robed, one dressed as a civilian - are meditating. The robed one leans over to the other and says, "nothing happens next - this is it!"

As the cartoon suggests, nothing dramatic is supposed to happen while you're meditating. But over time, you'll notice that the awareness you practice in meditation has spilled over into your everyday life. For instance, when I now find myself getting stressed out about an overdue project or some other annoyance, I become aware and make a mental note to focus on whatever I'm doing at the moment, not on the scores of other thoughts or commands in my head. My meditation skills have made me less stressed, and I haven't locked myself out of my car or house in well over a year.



* You don't have to sit in the lotus position all day to meditate.

Don't Like Exercising? Try Yoga

Maybe you're an accomplished athlete, or maybe you're a couch potato. To you, exercise may mean breezing through a five-mile run in the morning and a requisite visit to the gym three times a week, or it may mean getting up to look for the remote control. Either way, yoga is for you!

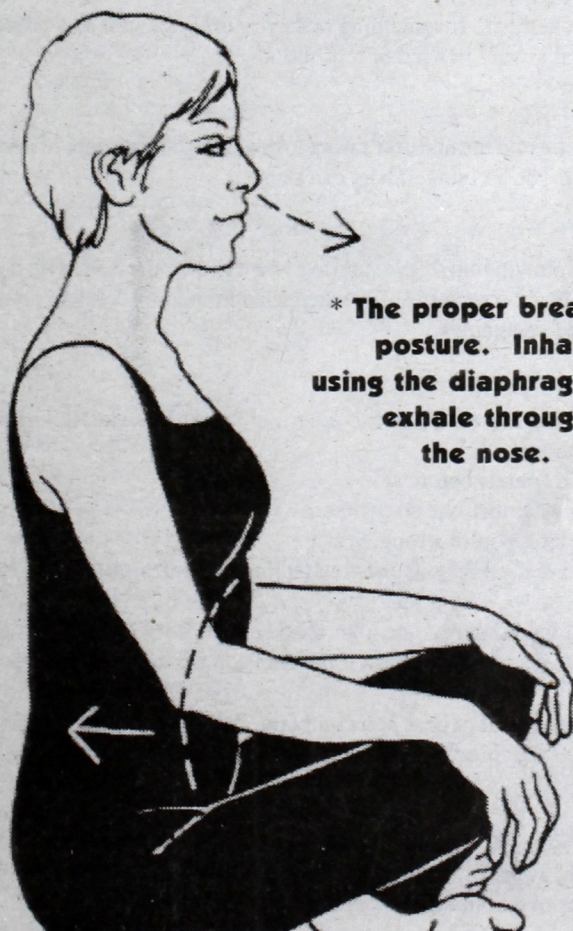
Because yoga combines so many different fitness elements and is so easily tailored to the individual, it can be practiced with great benefit at the beginner level as well as at the most advanced level. Whether you're a beginning or advanced practitioner, yoga will slowly, gently, and easily open up your body. You'll feel taller, breathe easier, and move about more comfortably.

Non-athletes also might be attracted to the idea that yoga isn't competitive. In fact, a sense of competitiveness is in direct opposition to the yoga frame of mind. Your yoga practice is personal and has nothing to do with anybody else. Plus, yoga will give you so much energy and such an improved self-image that you may find exercise isn't as bad as you thought.

Yoga is designed to work all your muscles, not just a few isolated major muscle groups. Many of the postures, such as twists and inversions, stimulate particular internal organs or release energy from stress-prone areas such as the lower back or neck. Yoga's fine-tuning exercises are the ultimate full-body workout. Other exercise programs tend to develop only one part of you - cardiovascular fitness, leg strength, or fat burning, for example. Yoga does it all.

Fitness today means more than a healthy body. Our culture is experiencing a growing trend toward things spiritual. With a growing passion for holistic health alternatives, we are a society looking for balance in a world that is out of balance. Holistic fitness is quickly becoming a mainstream concept, and yoga fits comfortably into this trend. Yoga is the answer to the spiritual seeker's and the athlete's search for physical excellence because it is the best all-purpose, all-person, whole-self, individualized fitness program - time tested over centuries.

Relax!



* The proper breathing posture. Inhale using the diaphragm and exhale through the nose.

Diagnose Your Stress

Is the stress you're feeling detrimental to your health? Yes. When it comes to coping with stress, you can't shoot randomly at the bad guys. You have to identify the real bad guys - the areas that cause the most stress. Here's what you're going to do: You're going to pick up a pen and take the stress analysis below. "Think of the test as a map of the entire landscape of your life," says Esther M. Orioli, president and CEO of Essi Systems, a stress research and management firm in San Francisco and the developers of something called StressMap, condensed below. Add up your score for each section and compare it with the handy-dandy stress meter. Then refer to the chart to help you get the upper hand.

SCHOOL/WORK PRESSURES

For each of the pressures listed below, indicate how much each has been a source of distress for you in the past month.

	Great	Moderate	Little	None
Work area is bleak, uncomfortable, depressing.....	3	2	1	0
Physically difficult work conditions.....	3	2	1	0
Difficulty getting from place to place.....	3	2	1	0
Too many tasks and responsibilities.....	3	2	1	0
Conflicting or competing demands.....	3	2	1	0
Can't secure needed resources (information, help)....	3	2	1	0
Deadline pressures.....	3	2	1	0
No input from others on decisions.....	3	2	1	0
Too much responsibility for others.....	3	2	1	0
No recognition for good work.....	3	2	1	0
Too much responsibility for yourself.....	3	2	1	0
Don't like my classes.....	3	2	1	0
No time for creativity.....	3	2	1	0
Have not gotten what I wanted/expected.....	3	2	1	0
Loss of commitment or dedication to working hard..	3	2	1	0
Conflicts with superiors.....	3	2	1	0
Unfair or discriminatory procedures.....	3	2	1	0
Too much or too little contact with others.....	3	2	1	0
Harassment or persecution.....	3	2	1	0
Close monitoring of performance.....	3	2	1	0
Lack of security.....	3	2	1	0

TOTAL SCORE = + +
0-7: Optimal 8-16: Balance 17-25: Strain 26+: Burnout

PERSONAL PRESSURES

	Great	Moderate	Little	None
Not enough money.....	3	2	1	0
Heavy Debts.....	3	2	1	0
Conflicts with boyfriend/girlfriend/spouse.....	3	2	1	0
Problems with friends/roommates.....	3	2	1	0
Pressures from family.....	3	2	1	0
Not enough time with family/friends.....	3	2	1	0
Sexual conflict or frustration.....	3	2	1	0
Dangerous or stressful neighborhood.....	3	2	1	0
Time pressures with acquaintances.....	3	2	1	0

TOTAL SCORE = + +
0-3: Optimal 4-7: Balance 8-13: Strain 14+: Burnout

SELF-CARE

	Almost Always	Sometimes	Rarely	Never
Eat Breakfast.....	3	2	1	0
Maintain desirable weight.....	3	2	1	0
Avoid sugar.....	3	2	1	0
Avoid fat.....	3	2	1	0
Avoid salt.....	3	2	1	0
Do aerobic exercise.....	3	2	1	0
Do stretching or yoga.....	3	2	1	0
Enjoy or appreciate my body.....	3	2	1	0
Am aware of tension in my body.....	3	2	1	0
Brush teeth.....	3	2	1	0
Fasten seat belts.....	3	2	1	0
Relax and take time off.....	3	2	1	0
Avoid smoking.....	3	2	1	0
Avoid excessive alcohol.....	3	2	1	0

TOTAL SCORE = + +
35+: Optimal 30-34: Balance 22-30: Strain 0-21: Burnout

PERSONAL POWER

	Very Much like me	Somewhat like me	Not Very much	Not at all
When things are not going my way, I often think it is futile to try to change them.....	3	2	1	0
My stress seems to be unpredictable.....	3	2	1	0
I find ways to accomplish what I want.....	3	2	1	0
I am not able to give what I want to people close to me.....	3	2	1	0
I find myself in situations I feel powerless to do anything about.....	3	2	1	0
I run into problems I cannot solve.....	3	2	1	0
I do not think I have control over things in my life.....	3	2	1	0
I like to take on new challenges.....	3	2	1	0

TOTAL SCORE = + +
0-3: Optimal 4-7: Balance 8-11: Strain 12+: Burnout

EMOTIONAL SYMPTOMS

	Every Day	Every Week	Rarely	Never
Nervous anxiety.....	3	2	1	0
Keyed-up feeling.....	3	2	1	0
Cannot turn off certain thoughts.....	3	2	1	0
Worrying.....	3	2	1	0
Unable to keep still; fidgeting.....	3	2	1	0
Irritable; angry emotional outbursts.....	3	2	1	0
Fatigue.....	3	2	1	0
Low energy.....	3	2	1	0
Apathy.....	3	2	1	0
Emotionally drained.....	3	2	1	0
Loss of sexual interest or pleasure.....	3	2	1	0
Depressed.....	3	2	1	0
Fearful.....	3	2	1	0
Hopeless.....	3	2	1	0
Easily upset.....	3	2	1	0
Difficulty concentrating.....	3	2	1	0
Mind going blank.....	3	2	1	0
Forgetting important things.....	3	2	1	0

TOTAL SCORE = + +
0-5: Optimal 6-13: Balance 14-23: Strain 24+: Burnout

Fail the Test? Start Here.

Work Pressures:

Be logical. Mismanagement of anger is the number-one reason people on the fast-track get derailed.

- Don't read minds. Anger makes you irrational. So before you accuse anyone of trying to sabotage a project, view the facts objectively. What do you actually know about the situation and what are you assuming?

- Solve problems, don't create them. If something ticks you off, look at it as a problem that needs solving, not a personal affront in need of retribution

Personal Pressures:

Don't just do it. If you're stressed out and don't want to deal with the pressure of performing in bed, be honest about it. If you're lying, others can sense it.

Self-Care:

Take the stress vitamin. Your vitamin C levels shrink when you're stressed, which puts you at risk for a wide variety of health problems. So, when tension mounts, load up on the stuff. Good sources: raw fruits and vegetables.

Personal Power:

Be an "I" person sometimes. Here's a guide to asserting yourself in situations you might think it's better to shut up and take it.

Traditional view: family and friends before self.

Assertive view: Look out for number one sometimes.

Traditional view: if others think you're wrong, you are.

Assertive view: only you can be the final judge of your feelings; if you think they're legitimate, then they damn sure are.

Traditional view: you should always try to be logical and consistent.

Assertive view: decisiveness counts for nothing if the decision is wrong; change your mind if it seems right to you.

Traditional view: people don't want to hear you complain.

Assertive view: if you have something to say, speak up.

Emotional Symptoms:

Listen to what you're saying to yourself. Every minute of your life, you're awash in a waterfall of thoughts. Being aware of, and influencing, self-talk is called cognitive therapy. Cognitive therapy is not positive thinking - it's accurate thinking.



Features

Stop the MADNESS!

by Derek Serafini
Features Editor

A day doesn't pass that I don't swear at the computer screen, kick some inanimate object, or curse at a passing motorist or two. I'm full of cynical mistrust, angry feelings, aggressive responses, and hostile attributions. And that's on a good day. But, I bet you aren't feeling much different. When pressure builds up, we all tend to fly a little off the handle, especially during the first couple of weeks of school. However, anger is unhealthy.

Chronically angry people are five to seven times more likely to be dead by the age of fifty than their easygoing counterparts (according to research done by Duke University psychologist, John Barefoot, Ph.D.) In Dr. Barefoot's research, he surveyed people who filled out psychological tests in the 1950's. Twenty-five years later, only two-percent of people who scored low for hostility had passed away. But, nearly fourteen percent of the people who scored higher for hostility died by age fifty. These unfortunate people may have died because they ate more, smoked more, drank more, but hostility may have been the underlying cause of their demise. Hostility is bad for the body. It weakens the immune system (by making your hormones overactive), and it puts the heart at risk (by clogging arteries).

However, anger is not necessarily all bad. The key is to use the anger to your advantage. Dr. Redford Williams, author of *Lifeskills* proposes the following technique to help you get through anger-promoting situations. Essentially, his technique is broken down into asking yourself four questions:

- 1) What are the facts?
- 2) Is this matter really important?
- 3) Is what I'm thinking appropriate to the situation?
- 4) Can I modify the situation in ways that will ease my anger?

After you have established the facts, if you answer "no" to question two, three, or four, just walk away. Getting angry is not worth it. Distract yourself by thinking of something else. If you say "yes" to all three of these, ask yourself one more: "Is taking action worth the trouble?" Because you've already reasoned through the problem, you can now respond coolly.

Below, I've tried this technique in situations that tend to get me riled. Sometimes the method works, sometimes it doesn't. But it can't hurt to give them a try the next time you're stuck.

IN THE GROCERY STORE EXPRESS LANE

The Facts: The large-haired woman in front of you has 17 items in a 10-item-or-less lane. She's moving slowly and does not care.

Side Note: She smells like mothballs. Is This Important? Yes, your quart of fudge ripple is getting very soft.

Is What You're Thinking Appropriate? Yes, if you're hurrying for a reason. But if you're not, it isn't. Often we don't differentiate between the two. We just get mad.

Can You Modify the Situation? You could ram your cart into her ankles, but that would probably just slow her

down even more.

Is it Worth it? Since you answered "no" to one question above, chill out. You could try a calming technique according to Dr. Williams. You could just pretend the old woman lives solely to upset you. For example, say to yourself, "she obviously planned to thwart me. She mapped out my routine for months, then waited at the grocery store for ten hours. It's all part of the conspiracy of the big-haired militia to undermine my sanity. She may be packing heat."

Potential Outcome: By the time you've created granny's double-life, she's gone and the cashier has bagged your Pop-Tarts. You've entertained yourself to the point where a petty annoyance has disappeared.

IN FRONT OF THE BONEHEAD ON THE KINGSWAY

The Facts: You're doing 10km over the limit and some jerk is on your tail, flashing his lights.

Is This Important? Yes, the jerk is on your ass!

Is What You're Thinking Appropriate? C'mon, Mother Teresa would be pissed too.

Can You Modify the Situation? You can hit the brakes and watch from the rearview as he greets a lamppost and dies a fiery death.

Is it Worth it? The groceries will certainly fall over. And who knows what homemade drug the guy is on? There could be gunplay, knifeplay or Yoplait all over the backseat.

Potential Outcome: You pull into the next lane while the jerk flashes past. If driving is like bullfighting, you just got gored. But, you are still alive and didn't get a ticket.

STUCK WITH BAD SERVICE

The Facts: You ordered a beer more than 10 minutes ago. Haven't seen your waiter, Timothy, since.

Is it Important? Yes. You're a paying customer. You don't deserve to be snubbed by a jackass.

Is What You're Thinking Appropriate? Yes. After all, there's beer involved.

Can You Modify The Situation? Yeah, but headbutting is illegal.

Is it Worth it? Yes. But first, try one of Dr. Williams' empathy exercises. The idea is to put yourself in that person's situation and pretend you are them. Try it now: "It is so busy today! I've got 50 tables and I'm so tired. I was up all night memorizing my lines for the off-Broadway, all-

nude; production of Joseph and the Technicolor Raincoat, and then the cat ate my script. I hope that nice person who ordered the beer understands that I'm doing my best."

Potential Outcome: You feel better - until you see him chatting it up with some other waiter. Empathy is aborted. You assert. Beer inevitably arrives, with malice. You don't tip. You find that empathy only works for those that deserve it.

WATCHING TELEVISION

The Facts: A network public-service announcement with some rehab vet from *Friends* tells you that you should go out less, be nice to your parents, and recycle, recycle, recycle.

Is it Important? No, but it ticks you off.

Is What You're Thinking Appropriate? You hate it when drug-addled millionaires - whose entire real-life experience could fit in a kiddie pool - tell you how to live.

Can You Modify the Situation? You could scream at the television, but every time you scream your blood pressure and adrenaline levels rise.

Is it Worth it? No, but you scream at the TV anyway.

Potential Outcome: It feels good to vent. But your heart's beating hard. Your throat's sore. The neighbors call the police. You should have just switched stations.

WITNESSING THE BREAKDOWN OF OUR SOCIAL FABRIC

The Facts: Some moron flaunts the law by blaring his 2 Pac CD at the highest volume during a two-hour bus ride.

Side Note: The man is 6' 5", he could bench press the entire Louie Anderson fan club, and he's mumbling something about the coming apocalypse.

Is This Important? If one person breaks the law, the whole town goes to hell.

Is What You're Thinking Appropriate? Yes. This is a bus ride, not a gangsta rap concert.

Can You Modify the Situation? Yes. Ask him to turn down the music. Or employ one of Dr. Williams' techniques, called positive stroking. Lead off with a complement. Say something like, I love that kind of music, but I really need to catch up on some work.

Potential Outcome: You arrive in the city with a chip on your shoulder the size of Meatloaf. You stew for hours, ruminating on everything you wished you had said or done.



Methods For Your Madness

7 Ways to Chill Out

Do you pop a cork more than a wine steward? Here's how anger specialists suggest channeling your anger.

IN THE HEAT OF THE MOMENT

It's important to use a control technique before you've lost control of the situation, according to Marc Brock, Ph.D., a psychologist. "Once the bomb blows up, you can't get it back in the shell."

Slow Down

When you're angry, you're physically aroused. To corral the response, breathe through your nose. Inhale for four counts and exhale for four counts. Try doing a specific task, such as tensing and relaxing muscles. Exercises like that can help to relax you.

Vent

Just telling a sympathetic third party about your anger helps release tension. Rather than yelling at your roommate, blow off steam to an understanding friend. Do not keep it all to yourself. If friends aren't sympathetic, tell it to your dog - he'll listen.

Look For The Real Cause

Check out your perception of what makes you angry. People who control their anger most effectively think about what's causing the conflict.

Change The Topic

Sometimes you can calm down just by thinking about where you're most relaxed - your favorite fishing hole, the pub...

AFTER THE MOMENT

Whack Away

Some professionals suggest beating a cardboard box with a stick or throwing old plates from the window. They say that it helps to release old angers. The best time to do it is when you are feeling calm, not in the heat of the moment.

Write it Down

Every time you start to feel angry, record the date, time and situation. You may see patterns. Some people get mad on certain days of the week. Identifying trends is the first step to changing them.

Exercise

Anger is a form of energy. Hitting a punching bag, lifting weights, or going for a good, long run can help.



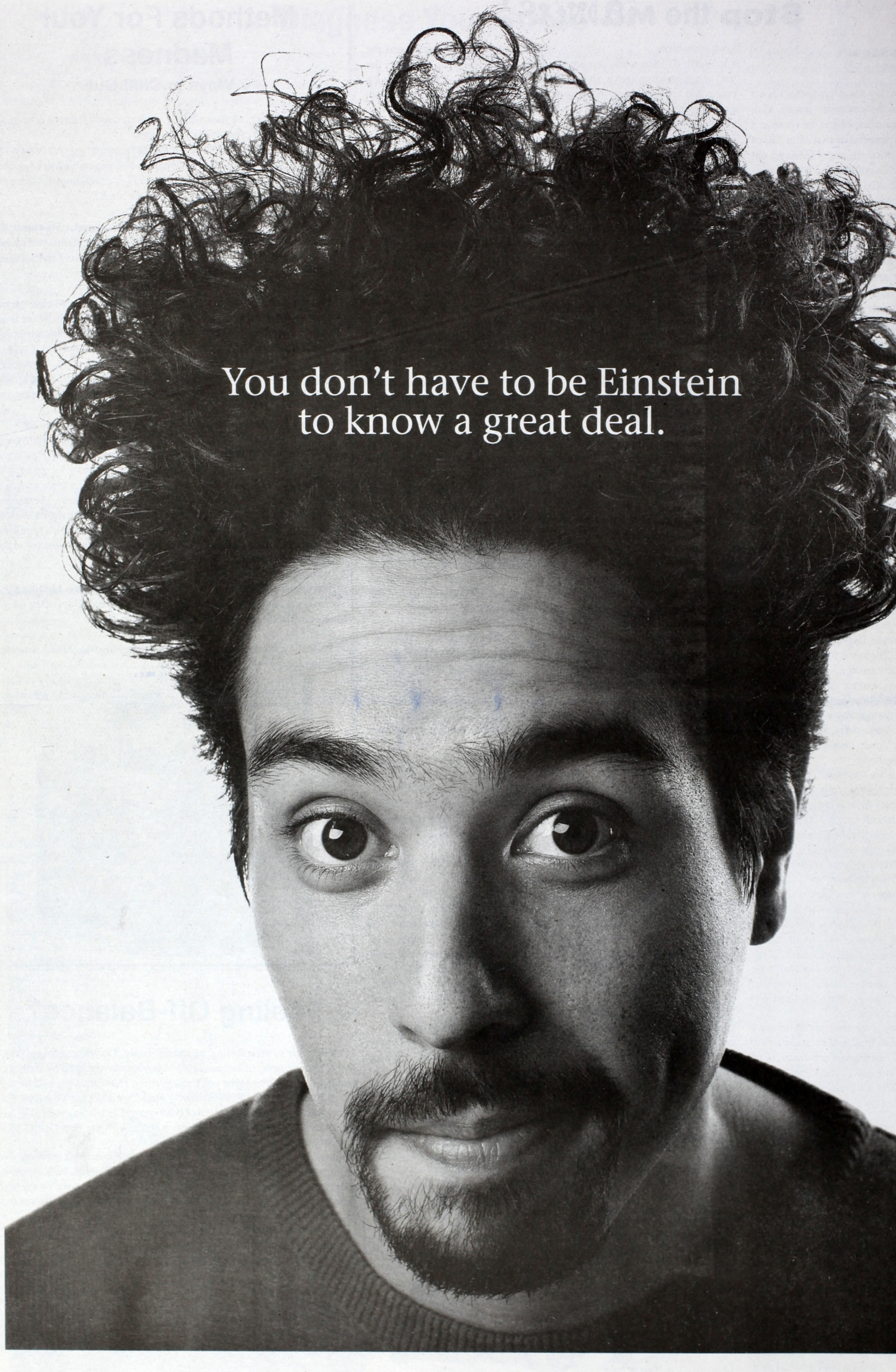
Feeling Off-Balance?

Perhaps you've been feeling "scattered" lately. Do you lose things easily? Forget appointments or information? Are you overwhelmed by the buzz of activity in your life? Maybe you think you don't have the time to slow down and get "centered," but you must know this: You don't have the time *not* to get centered. If you're feeling out of balance, you're wasting your days, your energy, and your power. You're like a house with the heat on and all the windows open.

Sometimes stress is a good thing. It can give you the power to escape from a dangerous situation. It can help you to succeed in your life, both in physical and mental pursuits. Too much stress, however, wreaks havoc on the body. When experiencing stress, the brain stimulates the adrenal glands, resulting in certain telltale symptoms:

- your heart rate speeds up
- your blood pressure rises
- your breathing quickens and becomes more shallow
- your pupils dilate
- your muscles tense
- you sweat
- your senses become heightened
- blood flows to muscles and the brain

Too much of this kind of activity will wear out anyone's system. So, try to manage your stress before it catches up to you.



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Les Maux du rédacteur

Nouvelle année... rien de changé

Gérald D. Woodard
Rédacteur Francophone

Eh, bien! Une autre année commence. Nous arrivons tous à l'université pleins d'espoir (ok, les froshs arrivent pleins d'espoir, les autres savent ce qui les attend) et prêts à attaquer le monde. Mais, dès notre arrivé, nous constatons que tout n'est pas or dans notre existence. La cité universitaire a subi un nouveau look mais, quoique l'extérieure puisse sembler plus beau, l'intérieure, lui, n'est guère changé.

D'abord, il y a le Grand Salon avec ses repas uniques sur le plan culinaire et douteux sur le plan nutritif. La prétendue *poutine* est toujours une aberration qui ne se conforme aucunement à son homologue d'origine québécoise (d'où est venue, d'ailleurs, la première poutine). Ne pourrait-on pas utiliser une partie de l'augmentation de nos frais afin de montrer au personnel du Grand Salon comment faire de la poutine? Du moins comment utiliser le fromage en graines au lieu du fromage râpé! On pourrait toujours engager un Québécois comme « chef de poutine ». Mais, si la poutine n'est pas la meilleure au monde, reste au moins que l'assiette est grande!

Quant au stationnement, bien c'est toujours la même histoire : les étudiants stationnent leur auto dans le « pit » pendant que les professeurs ont le luxe de stationner tous près de leur bureau. On nous dit qu'il y a une liste d'attente de deux ans pour avoir un stationnement plus rapproché. Je ne suis pas certain, mais je doute fortement que ce soit le cas pour de nouveaux professeurs! J'aimerais que l'université inverse les rôles, si ce n'est que pour une semaine par trimestre, afin que les professeurs savent ce que c'est stationner loin et monter la côte dans la pluie (ou de la descendre dans le noir tout seul).

Et, bien-sûr, la rivalité (chicane?!) continue entre les deux associations étudiantes. Mais quoi dire sur ce sujet-là? C'est une réalité qui fait partie de notre identité canadienne. Il semble bien, que ce soit au Québec ou ailleurs, que les deux *solitudes* dans notre pays aiment, l'un et l'autre, être tout seul de leur bord. Quant au *Franco-Lambda*, nous allons rester neutre.

Tous les problèmes habituels mis de côté, la nouvelle année s'annonce intéressante. Nous avons beaucoup de nouveaux étudiants à « endoctriner » et beaucoup d'espoir pour une réussite sur tous les niveaux. Aux administrateurs, nous disons : « Nous vous surveillons de près, faites attention! » Aux étudiants, nous disons : « Bienvenue, et surtout ne vous découragez pas. Dès que les nouveaux aient goûté à la nourriture du Grand Salon, les lignes seront moins longues! »



L'Usage Français

Cette rubrique est consacrée aux nuances de la langue française. Elle fournira, grâce à des extraits du *Langagier* du Département de Français, des clarifications sur l'usage, correct et incorrect, de certains mots et combinaisons de mots. Ici, l'on retrouvera aussi, parfois, de petits jeux de mots pour vous amuser. Si vous avez des mots sur lesquels vous voulez être éclairés, faites-les parvenir au Lambda ou au *Langagier* (Département de Français). Nous voulons remercier le rédacteur du *Langagier*, le Docteur Pascal Sabourin, pour sa coopération.

ce terme, sans doute sous l'influence des institutions britanniques et américaines qui emploient « registrar ». Le *Robert* (1992) lui attribue les deux sens signalés plus haut. Le terme **registraire** paraît donc valable dans le contexte scolaire nord-américain; sa formation est correcte, sa signification claire. L'Office de la langue française du Québec l'a officiellement admis en 1985 pour désigner la personne chargée principalement de l'admission et de l'inscription des étudiants dans un établissement d'enseignement.

REGISTRAIRE ou SECRÉTAIRE GÉNÉRAL?

À L'Université Laurentienne, on emploie **secrétaire général** pour désigner la personne chargée de l'admission de l'inscription des étudiants, de la tenue des dossiers, etc. Au Collège Cambrian de Sudbury, on parle plutôt de **registraire**. Que penser de ces deux emplois?

Certains qualifient le terme **registraire** d'anglicisme en raison de son équivalent anglais « registrar ». Pourtant, **registraire** (et non **registraire**) est très français et fort ancien, du latin *registrum*, qui a eu les formes **registreur** et **registrator**. Le *Dictionnaire de Trévoux* (1771) l'atteste sous la forme **registraire** avec le sens de *gardien des registres*. En administration publique, il est employé depuis longtemps au Québec pour désigner la personne qui a la garde des registres civils. Par extension, la plupart des universités québécoises ont adopté

APPARTEMENT, APARTMENT

Un autre piège de l'orthographe, tendu cette fois par l'anglais. Nous pourrions sans doute, à notre défense, rappeler que l'anglais a emprunté son *apartment* (un seul «p») au français qui le tenait lui-même de l'italien *appartamento* (double «p») et que nous ne ferions que récupérer notre mot de l'anglais en l'orthographiant *appartement*. Sorry!

Car la plupart des mots français qui doublent le «p» (appareiller, appareil, appeler, apparition, appartenir, appétit, etc.) viennent de souches latines qui doublaient cette lettre (et que l'italien a conservé dans *appartamento*). Le double «p» dans *appartement* est donc tout à fait conforme à l'origine du terme et à son évolution normale dans la langue française. Dites-vous qu'un appartement, c'est en réalité une *série* de pièces et non pas une seule pièce; donc, plusieurs «p» plutôt qu'un seul!

La conformité Politique: à ne pas faire

Dans notre monde de conformité politique, il est parfois difficile de savoir comment agir devant des personnes de l'autre sexe, surtout pour les hommes. Voici quelques exemples de choses qui sont, dans certains milieux, considérées comme inacceptables.

1. **Lécher les lèvres, lécher les dents, manger de façon provocatrice.** Ces gestes, et encore d'autres, se trouvent sur une liste, publiée par l'University of Maryland at College Park, de « comportements et gestes inacceptables ».

2. **Se tenir trop près d'une autre personne.** Susan Strauss et Pamela Espeland avertissent que le fait de se tenir trop près d'une autre personne, parmi d'autres choses sur une longue liste, est l'un des « comportements de harcèlement sexuel » qui « ont été signalés dans des écoles secondaires américaines. (D'autres comportements cités comprenaient des « commentaires verbaux sur l'habillement » et le « port d'un chapeau obscène ».)

3. **Assister à une représentation de « Roméo et Juliette ».** Jane Hardman-Brown, employée d'une

école de Londres, a refusé d'amener ses élèves voir une représentation de « Roméo et Juliette » parce que c'était une « histoire d'amour ouvertement hétérosexuelle ». (On ne sait pas si Madame Hardman-Brown voudrait que la pièce soit ré-écrite pour inclure un public avec un style de vie alternatif, ou si elle voudrait, plutôt, que la pièce soit tout-à-fait bannie.)

4. **Trop de contact visuel.** Richard Hummel, professeur de chimie à l'University of Toronto, a été poursuivi en justice pour avoir « regardé pendant trop longtemps » une étudiante.

5. **Pas assez de contact visuel.** Un guide publié par Barnard College à New York comprend un avertissement aux professeurs qui ne font pas assez de contact visuel avec leurs étudiantes que ceci « contribue à une atmosphère tendancieuse dans la salle de classe » qui pourrait faire que les femmes « se sentent découragées et/ou menacées physiquement. »

6. **« Non-initiation » réceptive.** Selon Sue Rosenberg Zalk, professeure à Hunter College, si une femme fait une avance à son patron, et si le patron accepte l'avance, le patron (et non la femme) est coupable

de harcèlement sexuel. Madame Zalk appelle cette offense peu connue « de la non-initiation réceptive ».

7. **Oublier le nom d'une femme.** Selon un rapport publié par l'University of Pennsylvania, « l'oubli du nom d'une femme » est une forme pernicieuse de harcèlement sexuel.

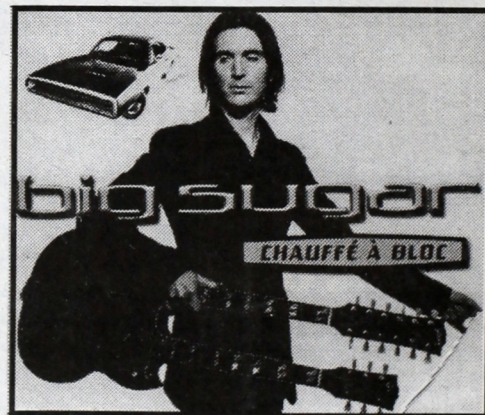
8. **Exhibition public de tendresse.** Au département de l'éducation de l'état de Minnesota, on décourage toute « exhibition de tendresse dans les corridors » parce que de tels comportements « pourraient offenser d'autres personnes » et sont « hétérosexistes ».

9. **Hamburgers.** Jeremy Rifkin, auteur de *Beyond Beef* (au-delà du boeuf) remarque que « les statistiques qui relient la violence domestique et des disputes sur le boeuf sont... révélatrices ».

10. **Del'humour contre soi.** Robin Morgan, ancienne rédactrice de la revue *Ms.*, dit que si un homme fait « des blagues sur lui-même » et que si, ensuite, une femme lui fait des avances sexuelles, cet homme est, dans un sens féministe radical, coupable d'assaut.

Musique

Big Sugar -Chauffé à bloc



Par Julie Lapalme
Membre de la rédaction

Lorsque quelqu'un m'a dit que Big Sugar enregistrait des chansons en français ainsi qu'en anglais, j'étais très sceptique. D'après mon expérience, lorsqu'un artiste ou un groupe musical essaie de traduire leurs paroles de l'anglais en une autre langue, que ce soit le français, l'espagnol ou l'italien, les paroles s'adonnent rarement avec la musique. Avec *Chauffé à bloc*, ce n'est pas le cas.

Toutes les chansons, excepté « Better get used to it » (évidemment),

retentissent d'un rythme rock duquel peuvent se réjouir les francophones. Quoique l'album ne contienne que cinq chansons, celui-ci est certainement un atout sur des petites excursions en voiture. N'hésitez pas de vous vous procurez d'une copie de ce disque compact et de l'insérer aussitôt dans votre lecteur laser en rentrant chez-vous. Ne soyez pas surpris si vous vous trouvez assis dans votre auto deux heures plus tard après avoir écouté et chanté *Chauffé à bloc* à plusieurs reprises.

Nominations des vice-recteurs à l'Université Laurentienne

M. Jean Watters, recteur de l'Université Laurentienne, est heureux d'annoncer les nominations de M. André Roberge au poste de vice-recteur à l'enseignement et à la recherche (affaires francophones) et de M. Doug Parker au poste de vice-recteur à l'enseignement et à la recherche (affaires anglophones), à compter du 1^{er} juillet 1999. Ces deux postes, qui remplacent les titres actuels de vice-recteur à l'enseignement et à la recherche et de vice-recteur associé aux affaires francophones, auront peu de répercussions sur le budget de la Laurentienne.

Cette nouvelle structure reflète la modification apportée à la composition du sénat et de ses comités et a pour but de favoriser la prise de décisions pour les programmes de langue française et à consolider le modèle bicaméral approuvé par le sénat en 1993. Le modèle bicaméral a fait la preuve de son utilité en octroyant une flexibilité accrue aux secteurs francophone et anglophone. La création de ces postes a pour objectif de faciliter les différents mécanismes de prise de décisions pour ce qui concerne les programmes de langue française et de langue anglaise.

M. André Roberge, qui avait occupé le poste de vice-recteur associé aux affaires francophones de 1998 à 1999, est le nouveau vice-recteur à l'enseignement et à la recherche (affaires francophones). Il est arrivé à l'Université Laurentienne, en 1991, à titre de professeur adjoint de physique et d'astronomie. En tant que physicien théoricien, il a travaillé dans de nombreux domaines, notamment la biophysique, la cosmologie et la physique des hautes énergies.

M. Roberge a fait partie de la

Collaboration pour l'Observatoire de neutrinos de Sudbury, de 1992 à 1997, et a récemment travaillé en étroite collaboration avec le Centre régional de cancérologie du nord-est de l'Ontario afin de trouver des moyens innovateurs d'améliorer la qualité de la planification de la radiothérapie pour le cancer du sein. De 1995 à 1997, il a été vice-doyen francophone de la Faculté des sciences et de génie. M. Roberge a obtenu un baccalauréat en physique de l'Université de Montréal et un doctorat en physique de la University of British Columbia.

M. Doug Parker, le nouveau vice-recteur à l'enseignement et à la recherche (affaires anglophones), est professeur d'anglais à la Laurentienne depuis 1971. Il s'est mérité le prix 1996-1997 d'excellence en recherche de l'Université Laurentienne en raison de son dossier de recherche exemplaire. Cet auteur très prolifique a notamment publié quatre livres sur la Réforme anglaise.

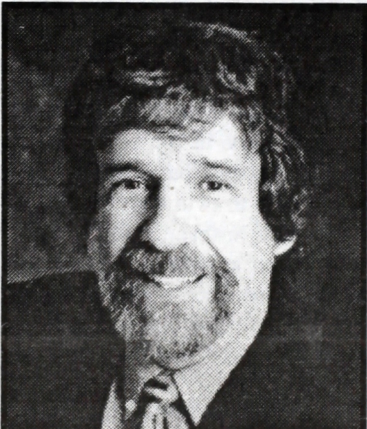
Depuis son arrivée à l'Université, M. Parker a été directeur du Département d'anglais (1983-1985), doyen des Humanités (1985-

1987) et doyen de l'Université canadienne en France (1987-1992). En outre, il a participé à la mise en oeuvre de l'Institut de recherche pour les humanités et à la production du premier cours de formation à distance du Département d'anglais. M. Parker a obtenu une maîtrise ès arts de la University of Western Ontario et un doctorat de la University of Birmingham, en Angleterre.

Tel que l'a expliqué le recteur de l'Université Laurentienne, M. Jean Watters, la création de deux postes de vice-recteur est l'indice de l'évolution de l'Université et de la maturité des programmes de langue anglaise et de la langue française. « Ce changement s'intègre dans la tendance générale de l'Université Laurentienne à accorder plus de pouvoir d'autodétermination à ses deux composantes. Avec ces deux postes parallèles de vice-recteur, les secteurs français et anglais seront eux-mêmes responsables des directions qu'ils prendront et se sentiront incités à mettre au point des programmes qui répondent aux besoins de la population étudiante. »



M. Alain Roberge



M. Doug Parker

À vous d'agir!!



Vos co-étudiants veulent être bien informés...
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Si vous vous intéressez au journalisme, ou si vous aimez tout simplement écrire, venez vous joindre à une équipe dynamique qui a à coeur les intérêts de ses lecteurs. Venez voir Gérald au bureau de Lambda dans la salle SCE 301 (3ième étage du Centre étudiant) ou envoyez un message par courriel à : franco_lambda@francemel.com

Franco-Lambda
Une autre voix francophone
à la Laurentienne



Timor-Oriental : la complicité de l'Ouest



Gérald D. Woodard
Rédacteur Francophone

Dimanche passé, le gouvernement de l'Indonésie a accepté que l'Organisation des Nations Unies envoie une force de maintien de la paix en Timor-Oriental. Mais lors de la conférence de presse, le général Sudrajat, porte-parole de l'armée indonésienne, a dit que Djakarta « n'acceptera tout simplement pas la participation » de l'Australie. « Il y a de nombreux commentaires de la part de l'Australie, a-t-il dit, qui sont considérés comme inamicaux. » Le général avait aussi indiqué la Nouvelle-Zélande et le Portugal comme pays non-gratas. Il a déclaré que la présence de soldats de ces « trois pays pourraient débaucher sur de nouveaux troubles parce qu'il est clair qu'ils ne sont pas neutres. »

D'ailleurs, 400 manifestants ont mis à sac, lundi, le consulat de l'Australie à Surabaya, 2^e ville de l'Indonésie en protestation contre l'acceptation par Djakarta d'une force de l'ONU à Timor.

Certains politiciens de l'Ouest, cependant, doutent de la bonne volonté de M. Habibie suite à des différences importantes entre la version de son discours en indonésienne et celle en anglais.

Mais, si nous voyons enfin une force ONU à la porte de Timor, il faut se poser la question : Pourquoi a-t-on pris autant de temps avant d'agir? Ce n'est pas un problème nouveau, quoi!! Mais l'Ouest est lent à admettre qu'elle avait peut-être tort. Depuis que l'Indonésie a occupé le Timor-Oriental, le monde occidentale a toujours fait semblant de ne rien voir afin de ne pas mettre en danger leurs relations économiques avec l'Indonésie.

C'est bien que nous avons enfin décidé d'agir, mais il faut que nous nous rendions compte que nous avons négligé notre devoir moral depuis 24 ans et que le sang de 200 000 est-timorais est sur nos mains. Nous sommes aussi coupables de leurs meurtres que Suharto ou Habibie. L'histoire témoignera de notre inaction et de son résultat.



Un soldat indonésien surveille des Est-Timorais pendant une visite de l'ONU

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Communiqué

À tous les étudiants
**qualifiés de quatrième année et aux étudiants dans leur première, deuxième et troisième année aux cycles supérieurs : les formulaires de demande pour les bourses d'études supérieures de l'Ontario (OGS) et du CRSNG sont maintenant disponibles à l'école des études supérieures et de la recherche L-808A.

Les dates limite pour les demandes de bourses sont :
1. OGS le 7 octobre 1999
2. CRSNG le 21 octobre 1999

**SEULEMENT les étudiants ayant obtenu une moyenne d'au d'au moins A- (80%), ou l'équivalent, au cours de chacune de leur deux dernières années d'études postsecondaires complètes peuvent faire demande (extrait tiré de la brochure intitulée 'Régime de bourses d'études supérieures de l'Ontario').

ARTS AND ENTERTAINMENT

ASK TYRAMISU & Bob

by Tyramisu and Bob
Advice Columnists

So, you've decided to venture into Lambda's new advice column...Let me introduce myself. I am Tyramisu, one half (the better one) of this year's advice experts. This year, we will be doing our best to save your relationships, reignite the flames of passion in your sex lives, or simply readjust your psyche. Whatever question perplexes you, whatever problem haunts you, you've got a caring, loving ear ready to listen. Bob and I will try very hard to find answers to all of your questions. Of course, Bob will rarely agree with me (we never agree on anything) but that's only because he knows that I'm right, it's a woman's instinct. So get started on your letters so you can quickly receive Tyramisu's words of wisdom. Just drop them off at The Lambda office or email at askusanything@hotmail.com.

All the love in the cosmos

Tyramisu

Well, seeing as how I'm not Tyramisu, I must be Bob. Despite what she might have led you to believe, I am NOT the lesser half of this advice partnership that we've got going here. But I am definitely the more cynical one. Basically, she's said it all. In fact, she usually says it all...and then some. She sure does like to go on, doesn't she? *OW* Okay, okay, never mind, I take that last bit back., but anyhow. I'm here to sorta present the other side of Tyramisu's coin, show the alternate possibilities, other answers, and maybe, just MAYBE, on some freakish occasion, perhaps even agree with what Tyramisu has to say (I somehow doubt it, though). Anyhow, you heard the woman, if you've got anything you'd like to have answered, just toss it on up to the Lambda office. And if you're afraid that the Lambda staff might bite (which they tend to do on occasion) then go on and email us at askusanything@hotmail.com. Okay, okay, enough rambling.

Insincerely Yours

Bob

Q: A friend of mine is usually pretty good about drinking, but ever since she hit university, she's been drinking a lot more than I think she should. Don't get me wrong, I don't want to control her life or anything, but I'm worried about her. What should I do?
Concerned

Tyramisu: Drinking is a big issue that many frosh have to face. The only thing you can do, in my opinion, is to be a friend by expressing your concerns about her drinking. Chances are, she just got caught up in the frosh drinking frenzy and she'll be back to smoking pot as soon as the novelty of having a pub so close-by wears off. If it doesn't, you'll have some serious issues to talk about and a lot of emotional support to give. There is no need for a full-fledged intervention but if you do feel so inclined, I suggest some relaxing aromatherapy incense to take the tension out of those "Stop drinking" talks.

Bob: Personally, I think the easiest way to deal with it would be to start slipping liquid laxatives into her booze bottles when she's not looking. If you can't find any laxatives, then eye drops like Visine. When slipped into somebody's drink, these will give them violent urges to go the bathroom in fifteen, twenty minutes, tops. If you kept it up on a regular basis, trust me, she'd start hating alcohol, and there'd be a helluva lot less confrontation than talking to her about it. That is if she never found out that it was you, of course.

Twisted Survey

Given the choice, would you rather have a midget version of Dom DeLuise follow you absolutely everywhere you go, or have your left ear grow to eight times its original size for two hours, every two hours?

Of fifteen people asked:

Followed everywhere by midget Dom DeLuise: 0 (0%)
Ear growth eight times its original size: 15 (100%)

Analysis: Despite the horrible disfigurement brought by having one's ears enlarged to insane proportions and being mocked by virtually everybody who would witness such a thing, nothing is worse than being followed everywhere by Dom DeLuise, midget or no.

Next Week's Survey Question:

Given the choice, would you rather have the sound of playground chatter emanating from your crotch, or have living eyebrows that crawl around on your face?

Seeds of Conspiracy

by Nick Stewart
Entertainment Editor

Do you have any wonderful childhood memories of watching Saturday morning cartoons, glued to the television, with a bowl of Cap'n Crunch in your lap? How about any great memories of chugging back a few brewskies with some of your best friends? Well, I hate to burst your bubble, but those "wonderful" memories are in fact just a sham. While you eating your favorite childhood cereal and drinking those beers, you were in fact the unwitting victim of a horrible and dastardly conspiracy (is there any other kind?) involving mind-control, top-secret addictive chemicals, the FDA, the government, and the media. What could be so terrible and conspiratorial about Apple Jacks and beer? Read on to discover...

The True Nature of Beer and Cereal Companies

On a secret government compound, hidden away in the forests of Vermont back in the early 1900s, Emilia Verhoeven passed away while giving birth to twin boys. Her broken-hearted husband, Paul, a secret FDA (Food and Drug Administration) scientist specializing in addiction and addictive chemicals, was left to raise his newborn baby boys on his own.

Paul decided to take advantage of the scientific surroundings in which his boys, Stanley and Lenny, would have to live the rest of their lives, and allowed them to roam the FDA compounds. Stanley preferred the natural environment of the FDA breweries, while Lenny enjoyed his father's FDA grain laboratories. The two rapidly became quite skilled in their fields; even at the tender age of 14, Stanley was already quite familiar with the specifics of brewing, and as was Lenny with the manipulation of cereal grains. But with their ability came ambition, and the two children soon started to abuse their father's access to the laboratories and took to stealing some of his top-secret work on addictive chemicals. They both began incorporating their new knowledge of addictive chemicals into their work. One day, Paul noticed that suspicious amounts of compound workers were consuming unusual levels of beer and grains, and decided to analyze samples of each. He discovered that trace amounts of his own chemicals were found in each, and

knew that only his children were to blame. He then realized that they were far too dangerous with not only access to his laboratory, but also access to each other. With great difficulty he then had them both subdued, and erased their memories of the compound and of each other using various experimental chemicals that he had been working on. To protect everybody involved, he then changed Stanley's name to John Labatt, and sent him to live at a brewery up in Canada, while Lenny's name was changed to John Kellogg and was sent to work on a regular cereal research facility in Wisconsin.

While they both were now ignorant of their previous connections to each other and to their father, the brothers Verhoeven still retained their scientific abilities. As they grew older, they took advantage of these abilities, and became full-fledged experts in their fields. Stanley (now John Labatt) gradually became a master brewer, and CEO of his own company, and as such gradually made many powerful contacts within the media industry. Lenny (now John Kellogg) eventually became a cereal baron, also a CEO of his own company, and having made important contacts of his own within the government. Gradually, however, their father's experimental chemicals wore off, and on their 48th birthdays, both fully regained their memories of each other and their desire for power. After employing private detectives to discover each other's locations, Labatt and Kellogg reunited with each other and began almost instantly to form their plans. The two soon realized that, with their combined contacts in the media and the government, they could possess the resources to ensure addiction of the bulk of the entire human population, starting at childhood and continuing through to adulthood. To cause children to become addicted to Kellogg's products, however, they would first have to convince mass amounts of children to consume it.

After much research (in Kellogg's governmentally-sponsored chemical laboratories), the brothers discovered that the easiest and least suspected path to convincing children to consume their food would be through mild mind control, done through Labatt's media contacts. They soon developed specially-designed "commercials" to "convince" children that they wanted toys...but

not just any toys. No, the toys that they would want with a burning passion would only be the toys that could be found in specially-marked boxes of Kellogg's cereal products. Then, through the now-remembered formulae for their father's addictive chemicals, they coated the cereal with chemicals that would trigger electrochemical responses of displeasure and unhappiness in the brains of kids of they did not receive more within a week's time, creating a form of addiction in the children. The children's parents had to be brainwashed as well, so as not to cause a stir about their children's strange behaviour, so the brothers soon ran commercials, claiming that "Kids like the sugary taste!". Once addiction was created this way, the children's brains were conditioned to this type of control and so could be used again in the future...

...which is where beer comes in. As the children grow into adults, Labatt then urged his media contacts to run commercials touting "free stuff in cases of Labatt beer products". This would trigger responses ingrained their minds from childhood, and so they would purchase Labatt's products, wanting for some unexplained reason the free stuff inside. Again, the addictive chemicals placed inside the beer would kick in, forcing people to desire to become intoxicated. More propaganda had to be spread, via TV shows and movies, to convince people that "being sloshed" is a positive experience, so it would not be questioned. The children's parents, being senior citizens at this point, wondered at first what was happening and took to protesting, but it was only so long before the brothers' governmental contacts came in and started declaring the complainers "senile" and locked them up in old folks' homes.

Thus, the cycle is complete. As a child, you are drawn in by toys in cereal. You become addicted. As an adult, you are drawn in by free stuff in beer cases. You become addicted. Everything comes full circle. The media makes money off of your addiction, the government makes money off your addiction, and the nefarious descendants of the Brothers Verhoeven (or John Labatt and John Kellogg) make money off your addiction. You now know what you must do: Break the cycle! Boycott beer and cereal! Cease to be a puppet of the conspiratorial machine!

DOWNUNDER

by Mat Thompson



Summer Movie Review

by Nick Stewart
Entertainment Editor

Austin Powers 2: The Spy Who Shagged Me

Hands down, the funniest movie I saw all summer. Other than Star Wars, it was pretty much the only movie this summer that lived up to its insane amount of hype. I was actually expecting it to flop after using up the novelty of "the 60's spy in the 90's" fish-out-of-water plot, but sending Austin back into the 60's, and letting Mike Myers and the rest of the cast improvise about 60% of the movie, really breathed new hilarious life into the concept. Focuses a lot more on Dr. Evil than Austin Powers...not that it's a bad thing.

Star Wars: The Phantom Menace

I liked it, goddammit. I know it got reamed on by critics (Damn you, Entertainment Weekly!), but I actually enjoyed it. Given, there was a lot that bugged me about the movie...i.e. Jar Jar (shudder), George Lucas' desire to make it a "family movie", and how Anakin only succeeded throughout the whole movie by basically being incompetent, but still, it was a pretty kick-ass movie. The visuals and special effects were absolutely amazing, and Ewan MacGregor did an impressive job as Obi-Wan. And of course, the biggest laugh in the movie had to come from the split-second cameo by ET and his friends (trust me).

The Sixth Sense

This movie was completely not what I was expecting it to be. I thought it was going to focus on some whiny little kid who could see ghosts, with Bruce Willis trying to help as his psychologist, but it was actually halfway interesting. It was a really...different type of movie. No real thrills, but it was kinda creepy (the scariest part of it all was seeing ex-New Kids on the Block singer Donnie Wahlberg in his underwear), and it has this huge twist at the end that'll make you want to watch it all over again. All in all, it was worth watching, if for only seeing Bruce Willis in something decent for a change.

Mystery Men

I waited for months and months for this damn movie to come to Sudbury, and I was friggin' lucky to catch in the whole two weeks that it was here. It did pretty badly in the box office...but I'm a sucker for superhero movies, so I loved it. This flick about a team of wannabe-but-cruddy superheroes trying to save the city from the Bad Guy was actually a lot funnier and lot more fun than I was expecting it to be...and I was expecting a lot from it. It had a fantastic cast (Ben Stiller, Hank Azaria, Paul "Pee Wee!" Reubens, Tom Waits, Greg Kinnear, Jeaneane Garofolo, and Geoffrey Rush as the bad guy), a great concept, and of course, superheroes. Did I mention that I loved this movie?

Summer of Sam

This movie focused on the hot, paranoia-drenched summer of 1977, when the Son of Sam stalked the streets of New York. You might guess from the title that it would focus on the killer himself, when in reality it concentrated more on the insanity and witch-hunts and personal reactions of different people who lived in the neighbourhood where all the killings were taking place. It was actually one of the best movies that saw this summer, showing perspectives of the events from a womanizer (John Leguizamo), his wife (Mira Sorvino), a wanna-be punk rocker, the mob, and even just a few local Bronx boys. Fantastic acting and a great story, and there's even a few cameos by director Spike Lee (who takes a few digs at himself).

Big Daddy

What a waste of time. I dunno, it did well money-wise, but I think Adam Sandler is taking a few too many liberties with himself. This is a classic example of a "rental"...something that I definitely should not have paid money to go see, but might not have been too terrible to rent on a boring Tuesday night. This mostly-dull movie about a man (Adam Sandler) who basically adopts a kid who shows up at his door and lets him do what he wants just plain tries too hard to be funny. There are actually a few humorous bits to the movie, but if you've seen any ads for Big Daddy, then you've caught the best parts. Disappointing as hell...if you want a good Sandler movie, go watch Happy Gilmour (at least that one didn't have any sappy I Love My Father and He Loves Me scenes in it).

American Pie

A sick movie about graduating teenagers trying to find the joy of sex...but who said sick movies are bad? This one was actually one of the funnier movies I caught this summer, and was waaaay funnier than the insanely-hyped Big Daddy. Given, it was basically like a 90's revival of Porky's, but it was still pretty damned funny.

The Thomas Crown Affair

"My name is Crown, Thomas Crown"...no, wait, wrong movie. Actually, this Pierce Brosnan movie played out a lot like his OTHER spy-ish movie, as he basically plays a mildly evil Bond, who focuses on thieving art (an original Monet painting) from a museum. It was actually pretty interesting, as he practically flat-out tells the woman sent to discover what happened to the painting (Rene Russo), and she attempts to seduce him to try and find where he has hidden the Monet. The two then get into this whole cat-and-mouse scenario, with a lot of Bond-ian gadgets and trickery (and of course, womanizing). A pretty good movie to tide you over until the December release of the next Brosnan Bond movie.

Skewed News Briefs

by Nick Stewart
Entertainment Editor

City of Sudbury to be Renamed

Due to recent mandates by the provincial government which force small municipalities to amalgamate with surrounding, smaller municipalities, the city of Sudbury will follow suit with Toronto and will become an "Uber-city", absorbing the local townships of Coniston, Valley East, Levack, Dowling, Chelmsford, Azilda, Onaping, Garson, Lively, Timmins, Kapuskasing, Bracebridge, Bobcaygeon, Little Current, Espanola, Sault-St. Marie, Elliot Lake, Flickville, Barrie, Hamilton, Thornhill, Stinkface, Lowerintestine, Bowelmovement, Happy Happy OstrichLand, and countless others. Due to the drastic change in the size of Sudbury's new territory, current Sudbury mayor, Jim Gordon, announced that it would be possible, and in fact most probable, that Sudbury's name would be changed to something more reflective of the new area. "I'm hoping to call it Pothole Hell, or Drunken Donutville, or something like that", mentioned His GodShip. "Members of city council have also suggested Not-As-Smelly-As-EspanolaVille, Nickel-On-a-Stick City and Hunka-Hunka-Burnin'-Slag, which I am also considering", continued His Omnipresence Gordon. The results are to be announced next week.

Laurentian Loses Dead Frosh Contest

Despite submitting their charges to back-breaking labor, death-defying stunts and forced to consume criminal amounts of alcohol, Laurentian frosh leaders were chagrined to announce that there were no dead frosh this past Frosh Week. This puts Laurentian University in last place in the Dead Frosh Contest, held annually all across Ontario university campuses. This contest, whose goal it is to kill as many Frosh as possible during Frosh Week to encourage "success through fear" in the remaining living frosh, is considered to be extremely prestigious, and so "it was a tough loss for us", commented a Frosh Leader, who requested to be called only PitBoy. "I mean, we did our absolute best to take out at least one or two, but the Frosh are a lot more endurant this year than they usually are". This last-place ranking is already spurring future frosh leaders to planning tougher events for next year, including the Bungee Jumping Off the Parker Building With a Piece of Twine As Your Cord Event, the French Kissing an Electric Socket Endurance Test, and the dreaded Playing Pool With Jean Watters For Your Tuition Money Event.

Wanna Be a Wrestling Columnist?

Now that Mat Thompson has moved on to the position of Editor-In-Chief he has left the fans of professional wrestling with nothing. We here at Lambda would love to re-instate the wrestling column, but Mat has left us certain guidelines as to just who can fill his shoes. Only a person who can correctly answer the following quiz can replace Mat and write the new wrestling column.

1. Who won the steel cage match between Jimmy Superfly Snuka and Don Morocco in Madison Square Gardens?
2. What are Owen Hart's children's names?
3. Who was the first man to hold all three major WWF titles?
4. What rock star accompanied The British Bulldogs to the ring at Wrestlemania 2?
5. What was Bam Bam Biggalo's manager's name in the WWF?
6. Who was on Hulk Hogan's team in the original Survivor Series?
7. At which Wrestlemania did The Undertaker suffer his first loss?
8. Who coined the phrase "pencil-neck geek"?
9. Who were the Big and Super Machines?
10. What move did Dok Hendrix use in the 1970's that resulted in the death of his opponent?

Still think you have what it takes?

Come up to the Lambda office and see just how much of a fanatic you really are!

RALPH'S

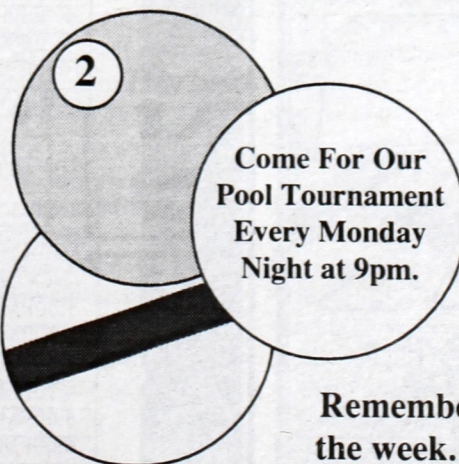
L.U.'S PARTY HEADQUARTERS

The Patty Wagon is Back!!!

Pick Up at Laurentian @ 10:45pm

Drop Off at 2:30am

Every Thursday and Saturday



Come For Our
Pool Tournament
Every Monday
Night at 9pm.

Wednesday is Jam Night!
Bring your own
instruments and play it
loud at Ralph's.

Remember, Saturday is our busiest night of
the week. Come on out and beat the line up!

* * * * * 2140 REGENT ST. SOUTH * * * * *

Scraping Roadkill Off the Information Superhighway

by Nick Stewart
Entertainment Editor

The Virtual Bar
<http://www.thevirtualbar.com>

Wow. If you're at all into drinking (and since you're a Laurentian student, it is, of course, required), this site is for you. I've never seen such a huge, comprehensive list of drink recipes (over 3100)...and if that wasn't enough, this site also contains ingredient lists, a program that shows you what recipes you can make based upon what ingredients you have in your apartment, hangover prevention tips, information about liquor glasses and liquor-related terms, bar tricks, and even a bunch of drinking games. There is way more to this site that I could go on and on about, but quite frankly I'd run out of room in a big hurry. As I said, if you plan on drinking at all anytime in the next hundred or so years, check out this site.

Worst of the Web
<http://www.worstoftheweb.com>

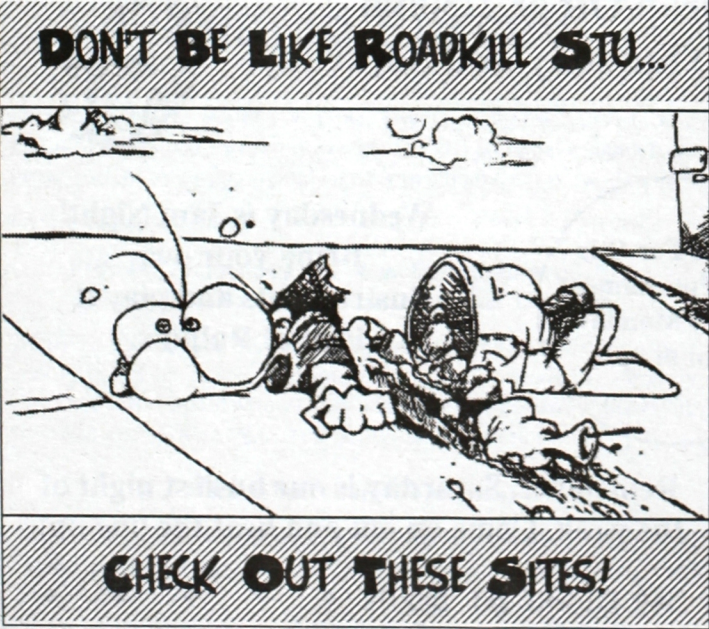
They're not kidding. The three guys who run this site, Buzz, Melvin and Chip, have the unfortunate task of combing the Web each week and coming up with the absolute worst stuff that they could find...and considering the sheer amount of crap that's on the Internet, it can't be all THAT tough. The sites that you can sift through on here (and pretty quickly, too) are truly some of the worst sites that you could possibly come across...But they're so terrible that it's actually pretty funny. And to mock these terrible, terrible sites along with you are the three hosts, whose heads you can click on at the top of each site to see what they have to say about it. This site is a real time-waster, but it's usually pretty good for a few laughs (check out the site with the guy claiming to be the second coming of Jesus, or as he calls himself, Jesus version 2.0).

The Past Life Game
<http://www.3dom.com/pastlife.htm>

Ever wonder who you were in a past life? Well, this site can help you out by telling you all you ever wanted to know about your past self. All you gotta do is enter your birthdate, and you've got yourself a fairly detailed description about your previous sex, where you were, what you did, and what type of person you were. Okay, obviously I wouldn't put too much faith in this...apparently I was a "sorta female" tribal relic in North-Eastern American in 525 A.D. who sought truth, wisdom and expansion of consciousness...but it's still good to kill some time.

World Sexual Records
<http://ccwf.cc.utexas.edu/~jmeans/WSR.html>

Umm, yikes. Now this is the type of stuff that they don't include in Guinness Book of World Records. This site is actually fairly professional, articulate, scientific and well-presented, so no, there aren't any pictures. But that's practically all that there isn't...almost any and all types of records that you can think of are in here: from longest and largest sexual members to most orgasms to deadliest sadist to most sexual acts (Wilt Chamberlain's #2 in the men's list, surprise surprise) to information about rape, brothels, prostitution and aphrodesiacs. Again, this is all fairly professional and scientific, so don't pop by here expecting any free porn...but um, wow. Amazing stuff.



Lambda's Cinéfest 1999 Schedule

GALAS - Numbers in parentheses indicate running time in minutes

DATE	ODEON THEATRE - 7 PM
Tuesday, Sept. 21	FELICIA'S JOURNEY (116)
Wednesday, Sept. 22	HAPPY TEXAS (100)
Thursday, Sept. 23	ONEGIN (106')
Friday, Sept. 24	LES BOYS II (122)
Saturday, Sept. 25	MANSFIELD PARK (108)
Sunday, Sept. 26	THE BIG BRASS RING (100)

Wednesday, September 22th

Time	Cinema #1	Cinema #2	Cinema #3
NOON			
12:30PM	WEST SIDE STORY (152')		
1:30PM		JOURNEY TO THE SUN (104')	
3:30PM	OLIVIER OLIVIER (110')		
4:00PM		THE GOOD THE BAD & (161')	
6:00PM			THE WAR ZONE (98')
6:30PM	EMPEROR AND THE ASSASIN(160)		
8:00PM		TOP OF THE FOOD CHAIN(88')	
9:15PM	COOKIE'S FORTUNE (117')		
9:30PM			LES AMANTS CRIMINELS (90')

Thursday, September 23th

Time	Cinema #1	Cinema #2	Cinema #3
10:00AM	BABEL (95')		
10:15AM		CHILDREN OF HEAVEN (89)	
NOON			
12:30PM	DR. NO (110')		
1:00PM		EUROPA, EUROPA (111')	
3:00PM			BAD MONEY (89')
3:30PM	GOLDFINGER (111')		
5:00PM		JUST WATCH ME (77')	
6:00PM			
7:00PM	ROMANCE (95)		
8:00PM			FROM THE EDGE OF (91')
9:30PM	THE THIRD MIRACLE (120')		
9:45PM		FULL BLAST (93')	

Friday, September 24th

Time	Cinema #1	Cinema #2	Cinema #3
10:00AM	JACOB TWO TWO (95')		
10:15AM		EXHUMING MR. RICE (93')	
NOON		SOME LIKE IT HOT (119')	
1:30PM	THE DIVINE RYANS (106')		
2:15PM		LAST TANGO IN PARIS (129')	
3:00PM			A GIRL IS A GIRL (88')
4:00PM	XIU XIU: THE SENT DOWN (99)		
5:00PM		TOUCHED (103)	
6:30PM			THE LIFE BEFORE THIS (94)
7:00PM	THE FIVE SENSES (105')		
7:30PM		ANNIHILATION OF FISH (110)	
9:30PM	THE WINSLOW BOY (104')		
9:45PM		8 1/2 WOMEN (120')	
10:00PM			EMPORTE-MOI (94)
12:00PM	FREEWAY II: CONFESSIONS (95)		

Saturday, September 25th

Time	Cinema #1	Cinema #2	Cinema #3
11:00AM	ROLLERCOASTER (90')		
11:30AM		NFB SHORTS (97')	
NOON			THE JAUNDICED EYE (90')
1:00PM	MOLOKAI: THE STORY (132')		
1:30PM		LE GRAND SERPENT DU (99')	
2:30PM			CFC SHORTS (103')
3:30PM		TOO MUCH SEX (87)	
4:00PM	MR. DEATH (106')		
4:30PM			FACE / OFF (112')
5:30PM		URBAN FEEL (103')	
7:00PM	AMERICAN MOVIE (107)		
7:45PM		ELVIS GRATTON II (103)	
8:00PM			PICTURING A PEOPLE (50')
9:30PM	GRASS (80)		SOUVENIRS INTIMES (118)
10:00PM		THREE SEASON'S (139)	
12:00AM	TOPS AND BOTTOMS (80)		TOPS AND BOTTOMS (80)

Sunday, September 26th

Time	Cinema #1	Cinema #2	Cinema #3
11:30AM	THE COLOUR OF HEAVEN (90)	MY FATHER'S ANGEL (86)	
NOON			YOUNGBLOOD (109')
1:30PM		C'EST QUOI LA VIE? (115)	
2:00PM	AN IDEAL HUSBAND (97)		MILLHOUSE: WHITE (92)
3:30PM		AFTER THE TRUTH (129)	
4:30PM			CAN. SHORTS I (102')
5:00PM	NEW WATERFORD GIRL (95)		
6:00PM		QUAND JE SERAI PARTI (123')	
6:30PM			CAN. SHORTS II (92')
7:00PM	JOE THE KING (93')		

MUSIC FOR THE MASSES

REVIEWS BY MAT THOMPSON, MUSIC REVIEWER

The Battle Zone



Edwin - Another Spin Around the Sun VS. I Mother Earth - Blue Green Orange

It has happened many times in the history of music. Lead singers get a little too egotistical and decide to leave their group for a solo career, or the band forces them out to make way for a new front-puppet they can control and manipulate. Van Halen calls it LSD (Lead Singer Disease) and they have been through more lead singers and destroyed more solo efforts than any other band around. But what will happen in this case? I Mother Earth was getting very big, then Edwin stepped out as their lead singer. Now both have CDs that are riding the charts both living off the same style and sound. Can they both survive? Let's see...

Edwin's *Another Spin Around the Sun* is not too far from his old days with I Mother Earth. Some of the songs are more up tempo, and he seems to be trying out different sounds, but in the end it isn't all too different. I Mother Earth on the other hand seem to sound like a really bad version of *Our Lady Peace* now. Songs like *Cloud Pump* and *Summertime In the Void* sounded old after less than a week on the air. I don't know what they are trying to accomplish, but *Blue Green Orange* sure isn't helping.

Another interesting battle is being played out within the next month. Last April I Mother Earth came to Sudbury on the *Belvedere Rocks* tour and tickets couldn't even be given away. No one wanted to see them. So what does that have to do about anything? Well, Edwin will be coming to Laurentian on October 16 (with Matthew Good) on the same tour as IME did. So will Edwin do better than his former band did? Only time will tell.

Back to the CDs, if you only had enough money for one, I would go with Edwin. Although the sound isn't very unique, it is better than the new I Mother Earth sound. Edwin was the voice we learned to love, and I Mother Earth were just along for the ride!



Run Lola Run Soundtrack

If you are looking for a high energy, non stop album this is the one for you. Run Lola Run is the soundtrack for a foreign film in which a girl (Lola) is given one hour to find a certain amount of money or her boyfriend is going to be killed. The soundtrack features all the background music which is total techno.

The only other soundtrack I can think of that is like this one is the original Mortal Kombat Soundtrack. The beat just drives from the first to the last song. There is no one on the album that I have ever heard of, but since it is a foreign film, I am guessing all these artists are not exactly well known around here.

The best use for this soundtrack is either great background music for an intense workout, or if you are planning your own private rave, this is the disc for you. I don't know if the movie will ever show up anywhere in Sudbury, but the soundtrack is definitely worth checking out.

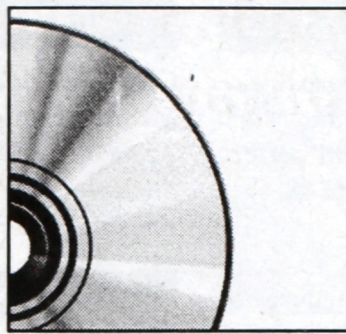


Nine Inch Nails - Halo Thirteen EP

This has been a damn long time in the coming. For fans of Trent Reznor, *The Perfect Drug* seemed to only add to their withdrawal symptoms and make them start to foam at the mouth for a new CD under the name of Nine Inch Nails.

The new full length CD isn't on shelves yet, but Trent Reznor has released *Halo Thirteen*, an EP with only two songs on it to warm his fans up. The two songs he picked are perfect as they play on the two distinctive sounds that Nine Inch Nails is known for. *The Day the Earth Went Away* (track 1) has more of the surreal sound with strange mixes of sounds and vocals that is easily defined as Nine Inch Nails style. Track 2 which is titled *Starfuckers Inc.* feeds the need for another *Closer* with the slow dreamy music mixed with hard core, down and nasty lyrics and pure techno/metal.

The new album is coming soon, but this will hold you over until it does.



Detroit Rock City Soundtrack

KISS ARMY UNITE!!! The boy's are back in town and they have brought some friends along! The soundtrack to *Detroit Rock City* is on shelves now and the scary thing is almost every song was recorded before all this years' little frosh were even conceived. Actually, their parents may have been listening to one of these songs on the 8-track while conceiving the little frosh. Cool, Eh?

Detroit Rock City is one of the best collections of classic rock songs around. Classic KISS, Van Halen, Black Sabbath, David Bowie, and Thin Lizzy along with updated versions of songs like *Cat Scratch Fever* by Pantera, *Highway to Hell* by Marilyn Manson, and *The Boys are Back in Town* by Everclear. If you are in any way a fan of classic rock and still love the bands of today, this is the disc for you. All the classics performed with the power of today. Just check out *Highway to Hell* and you will know what I mean.

Even if the movie did suck, this soundtrack makes up for it! Go get *Detroit Rock City*!



Ricky Martin

Woke up to the same old damn song, Playing on Q92. Once again it was Ricky Martin. I thought this boys career was through.

He makes me throw up dinner, Always singing his old song. Once you've heard it a million times, You will go insane... Hoping for a bullet to the brain!

Upside, inside out, There goes last night's dinner. He'll swing his hips around, Lookin' like a real winner. He's just Rico Suave, Maybe a little thinner. This song is worn out, Livin' La Vida Loca. Some one get me a smoke-a, And maybe a cafe mocha. This song won't be any better, Even after a toke-a!

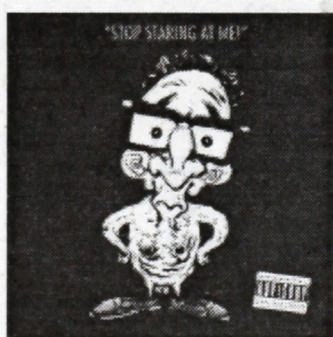


Great Big Sea - Turn

It is a dark day in the world of Canadian Celtic Rock. Everyone's favorite up tempo, barrier crossing Celtic rock band Great Big Sea is dead! Well, maybe not technically dead in the sense that they are not of this earth, but Great Big Sea has now passed on from cool university band to (dum dum dum) the dreaded land of Adult Contemporary Folk!

Turn, the fourth album by Great Big Sea has really made a lot of hard core fans (including myself) very mad. We have watched them grow from a quirky little Celtic/folk rock band to a Canadian wonder as big as Barenaked Ladies, but in what can only be described as a huge mistake, the band has delved back into their folk roots and at the same time scared off many loyal followers.

This is not the Great Big Sea we have all loved. This is *Bizarro Great Big Sea* and it must be stopped!



Jerky Boys - Stop Staring At Me

This shit is not funny! I am saying this up front because I don't want anyone to think that maybe I am going to give this CD a good review. Ever since their second album (and a shit-ass movie) *The Jerky Boys* have become the least funny people on the planet.

The Jerky Boys try all their old shit on this album that just isn't funny anymore. Tarbash, Frank Rizzo and all the old characters have become tired and should be put to rest. Why a record executive would even let this be recorded on an album is beyond me! The Jerky Boys have somehow managed to lower their humor even more than before!

Usually I have a problem keeping my reviews down to a certain level, but with this album I don't even want to waste any more space in *Lambda*. Trust me, blank newsprint is funnier than these guys, watch...

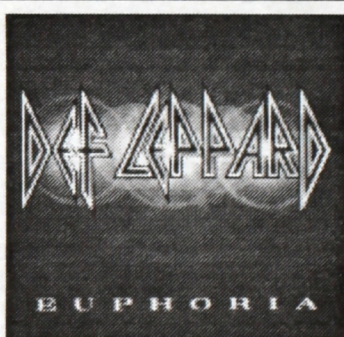


Dru Hill - You Are Everything Remix

Dru Hill has fast become one of the biggest names in hip hop/rap today. With their collaboration with Will Smith and their countless spots on every television show known to man, you just can't go anywhere without hearing about Dru Hill.

The *You Are Everything Remix* is an EP that is available now and features four versions of their latest single. Although many of you will already have the album *Enter the Dru*, this EP is a great thing to have. It of course features the original edit from the album, but it also features as they call it the Soulsistah Remix, the seven plus minute long Vocal Mix and of course the selling point, a remix featuring Ja Rule. This is the one thing I love about bands like this is that you can buy an EP and hear totally different versions which are usually better than the original.

The *You Are Everything Remix EP* is available now and true fans of Dru Hill, or Djays, should check it out.



Def Leppard - Euphoria

Have you ever wondered how many albums a band can bring out in their lifetime without ever changing their sound or even trying to make their songs sound different. Well, Def Leppard has been doing the same thing for almost twenty years now, and once again, they have released their latest album, *Euphoria*.

I can't believe how much *Euphoria* sounds like every other Def Leppard album that has ever come out. You could take *High and Dry* or *Pyromania* and play it along with *Euphoria* and you would not think that a day has gone by since recording sessions. I think the band actually stopped producing new songs about 1989 and have just been releasing studio tracks they recorded over 10 years ago in hopes that there are still a few 80's fans left that just have to have one more song from a band that could not innovate their sound.

If you are a fan of Def Leppard you may like this album, but in the end it is just the same old song, same old music and the same old band.

7.2.7.

LU DE-CLASSIFIEDS

ARTICLES FOR SALE

ENGL 3706 TEXTS. *Oroonoko, Love in Excess, The Other Eighteenth Century and Mary and The Wrongs of Woman.* All in perfect shape. Must sell. Call **Mat @ 673-6548**

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All You have to do is fill out the card below, bring it to Lambda (SCE 301) along with your student card or drop this form into campus mail (marked 'LAMBDA') and we will run the ad, 25 words or less, for two weeks. Sell old books, furniture or any other junk you have, leave messages for your friends or ask for help in any field or study. It doesn't matter... It's your very own Classified section.

AD: _____ NAME: _____

 _____ ID Number: _____

SGA
AGE

Notice Avis

Message from the SGA.

As a member of the Students' General Association you have access to a health plan. This plan provides coverage for 12 months from Sept. 1, 1999 to August 31, 2000. En tant que membre de l'Association Générales des Étudiant(e)s, vous recevez un régime de santé. Ce plan est en vigueur pour douze mois, du 1 septembre, 1999 au 31 août, 2000.

FAMILY COVERAGE

You may purchase Family coverage for an additional fee; \$60 to add one family member and for 2 or more family members it is \$120.00.

PROTECTION FAMILIALE

Une protection familiale est disponible pour un frais supplémentaire; 60\$ pour 1 membre de famille ou 120\$ pour 2 membres ou plus.

PART TIME STUDENTS can opt in for \$120

ÉTUDIANTS à TEMPS PARTIEL peuvent s'inscrire au plan pour 120\$.

HOW DO YOU OPT OUT?

COMMENT NE PAS FAIRE PARTIE DU PLAN

If you already have coverage under a parent's, spouse's or employer's plan, you must provide proof of coverage under this plan and we will refund your portion of the drug plan(\$55).

Si vous avez déjà une couverture grâce à un plan de vos parents, de votre conjoint ou de votre employeur, vous devez fournir la preuve de couverture sous ce plan et nous vous remboursons votre partie de plan de santé(\$55).

The above options MUST BE DONE BY SEPTEMBER 30, 1999 AT THE SGA OFFICE IN THE STUDENT CENTRE, ROOM SCE212.

Les options mentionnées ci-haut doivent être choisies AVANT LE 30 SEPTEMBRE, 1999 ET IL FAUT LE FAIRE EN PERSONNE A NOTRE BUREAU AU CENTRE ÉTUDIANT, SALLE SCE212.

Attention all ** qualified fourth year undergraduate and first, second and third year students. Application forms for Ontario Graduate Scholarships (OGS) and NSERC Postgraduate Scholarships are now available at the School of Graduate Studies and Research L-808A.

The deadlines for these scholarships are the following:

- 1) OGS - October 7, 1999
- 2) NSERC - October 21, 1999

**** ONLY** students who have maintained an overall average of at least A- (80%), or the equivalent, during each of their last two full years of study at the postsecondary level may apply (extract taken from the brochure 'Ontario Graduate Scholarship Program').

IMPORTANT MESSAGE

TO ALL STUDENTS
 DATE Sept. 1/99 TIME _____ A.M. P.M.
 WHILE YOU WERE OUT
 M Consultant
 OF Speed Reading
 Area Code & Exchange 673-6547

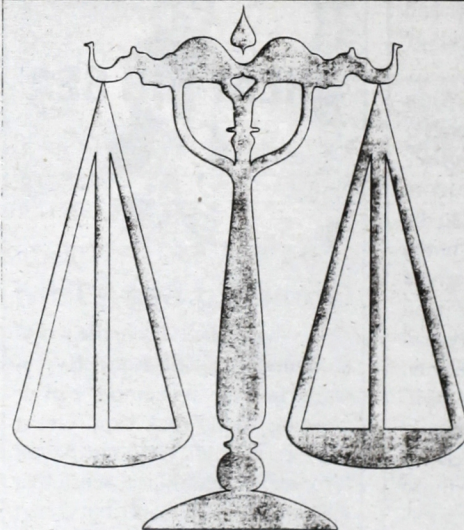
TELEPHONED	☒	PLEASE CALL	☐
CALLED TO SEE YOU	☒	WILL CALL AGAIN	☐
WANTS TO SEE YOU	☒	URGENT	☐
RETURNED YOUR CALL		☐	

Message Tuesday, Sept. 21
from 6-9pm
SPEED READING course
\$35 in advance for SGA
sign up at the SGA office
in the Student Centre
 Operator room SCE212

FREE

Legal Advice

Sept. 29, 1999 1-4pm
 To make an appointment call the SGA at 673-6547 or drop by the SGA office in the Student Centre room SCE212.



for
SGA members
ONLY

SGA
AGE

SEULEMENT
pour les membres
DE L'AGE

Assistance Judiciaire

le 29 septembre, 1999
 Pour fixer un rendez-vous composer le 673-6547 ou venir au bureau de l'AGE au centre étudiant salle SCE212

GRATUIT

CLASSIFIEDS

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Writer's block? Can't find the words or the right research materials you need? We can help!

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Laurentian Men's Soccer Team 0-1-1 For the Season

by Mat Thompson
Editor-In-Chief

Laurentian Voyageurs vs. University of Toronto

On Saturday, September 11th, the Laurentian Men opened their season against University of Toronto. The game was a hard fought battle and in the end each team came away with two points, locking the score in a tie.

In the beginning of the game, Laurentian took the lead off a header by team captain Steve Wilson (#3). Steve surprised the goal tender by charging in from the fullback position to nail the goal. The game stayed very fast paced and by the half, University of Toronto had tied the game.

Laurentian took the lead late in the game as #8, Dan Falcioni, blasted in a goal. It looked good for Laurentian, but U of T tied the game in the last minute of injury time.

Scoring for the University of Toronto (like we care) were #8 Alain Cogan and #10 Kory Jazbek. But more importantly, Steve Wilson of Laurentian was the player of the game.



Photo by Kristiina Farquhar

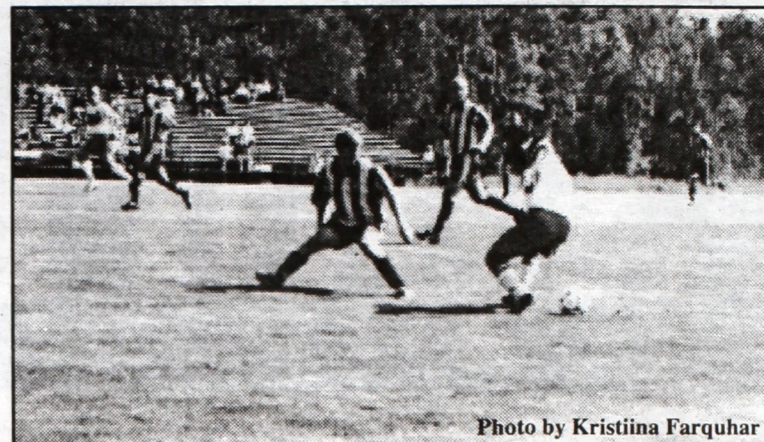


Photo by Kristiina Farquhar

Laurentian Voyageurs vs. York Yoemen

On Sunday, September 12th, The Laurentian Voyageurs suffered their first loss of the season as they were beaten by the York Yoemen. Scoring for the Yoemen were #6 Carlo Molle, #11 Rob Black and #10 Anthony Dilorio which brought the score to a final 3-0.

This loss moved the Voyageurs record so far to 0 - 1 - 1 for the season. The next action for the Voyageurs in this weekend as they travel to face Carleton on Saturday and to Trent on Sunday.

Athletes of the Week

Laurentian Men's Athlete of the Week

After a great performance this past weekend for the Men's Soccer team, **Steve Wilson** is the first Athlete of the Week. Steve Wilson is the captain of this year's team and plays in the fullback position. Steve hails from Sarnia, ON and is in his fourth year working towards a BA. Steve is being relied upon to lead a young Laurentian team this year and played solid defence against both York and U of T as well as scoring a goal in the game against U of T.

Laurentian Women's Athlete of the Week

After tying for second place in the Laurentian Open Track and Field meet, **Becky Laakso** has become the first Women's Athlete of the Week. Becky hails from Azilda and is entering her third year in the Human Kinetics program. As well as being part of the cross country team, Becky is also a member of the Nordic Ski Team here at Laurentian.

OUA SOCCER STANDINGS

OUA SOCCER

WOMEN'S SOCCER

September 11, 1999	Guelph	1	Laurier	0
September 11, 1999	McMaster	2	Waterloo	1
September 11, 1999	Queen's	8	Ryerson	0
September 11, 1999	Carleton	4	Toronto	1
September 11, 1999	Windsor	2	Western	1
September 11, 1999	York	1	Ottawa	1
September 12, 1999	Brock	1	Guelph	1
September 12, 1999	Laurier	0	Windsor	0
September 12, 1999	Ottawa	3	Toronto	0
September 12, 1999	Queen's	10	Trent	1
September 12, 1999	Western	1	Waterloo	0
September 12, 1999	Carleton	1	York	0

MEN'S SOCCER STANDINGS

WEST DIVISION

TEAM	GP	W	L	T	F	A	TP
Western	2	2	0	0	8	1	6
Guelph	2	1	1	0	3	1	3
McMaster	1	1	0	0	3	0	3
Windsor	1	0	0	1	0	5	1
Laurier	1	0	0	1	1	0	1
Brock	1	0	1	0	0	3	0
Waterloo	2	0	2	0	1	6	0

EAST DIVISION

TEAM	GP	W	L	T	F	A	TP
York	2	2	0	0	9	0	6
Queen's	2	2	0	0	8	3	6
Carleton	2	2	0	0	8	2	6
Toronto	2	1	0	1	5	3	4
Laurentian	2	0	1	1	2	5	1
Ryerson	2	0	2	0	4	9	0
Nipissing	2	0	2	0	1	9	0
Trent	2	0	2	0	1	7	0

WOMEN'S SOCCER STANDINGS

WEST DIVISION

TEAM	GP	W	L	T	F	A	TP
Guelph	2	1	0	1	2	1	4
Windsor	2	1	0	1	2	1	4
McMaster	1	1	0	0	2	1	3
Western	2	1	1	0	2	2	3
Brock	1	0	0	1	1	1	1
Laurier	2	0	1	1	0	1	1
Waterloo	2	0	2	0	1	3	0

EAST DIVISION

TEAM	GP	W	L	T	F	A	TP
Queen's	2	2	0	0	18	1	6
Carleton	2	2	0	0	5	1	6
Ottawa	2	1	0	1	4	1	4
York	2	0	1	1	1	2	1
Trent	1	0	1	0	1	10	0
Ryerson	1	0	1	0	0	8	0
Toronto	2	0	2	0	1	7	0

MEN'S SOCCER

September 11, 1999	Toronto	2	Laurentian	2
September 11, 1999	York	6	Nipissing	0
September 11, 1999	Laurier	1	Guelph	0
September 11, 1999	McMaster	3	Waterloo	0
September 11, 1999	Queen's	4	Ryerson	2
September 11, 1999	Carleton	3	Trent	0
September 11, 1999	Western	5	Windsor	0
September 12, 1999	Toronto	3	Nipissing	1
September 12, 1999	York	3	Laurentian	0
September 12, 1999	Guelph	3	Brock	0
September 12, 1999	Laurier	0	Windsor	0
September 12, 1999	Carleton	5	Ryerson	2
September 12, 1999	Queen's	4	Trent	1
September 12, 1999	Western	3	Waterloo	1

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Photo by Kristiina Farquhar

Men's Soccer Voyageurs Start Season With Rough Weekend!

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